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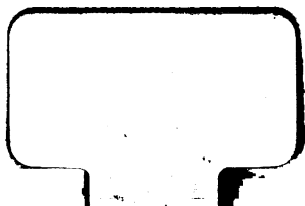
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HOUSEHOLD HINTS
TO
YOUNG HOUSEWIVES.

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HOUSEHOLD HINTS
TO
YOUNG HOUSEWIVES,
WITH THE
ARRANGEMENTS AND RECEIPTS
FOR
FORTY DINNERS,
&c.
BY MARTHA CAREFUL.

LONDON :
DEAN AND SON, THREADNEEDLE-STREET,
AND TO BE HAD OF ALL BOOKSELLERS.

MDCCCLII.

268. C. 226.



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ERRATUM.

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INTRODUCTION.

BEING tolerably advanced in age, and consequently in experience, I am so often consulted by young ladies about to marry, or by those who have plunged into the intricacies of domestic management, for some rules and regulations, through the agency of which I have created a very happy home for myself (now many years a widow) and eight sons, that it has occurred to me to note down for their use some "gentle hints," and so place young housekeepers at once within the magic ring of wedded happiness. I have furnished my young friends with Cookery Books by the dozen, Guides to Servants, and so forth, but as I hear from all

that these contain more than they want to know on some points and not enough on others, I have consented, if my rheumatism do not interrupt, to arrange a few pages on my own simple plan, and which I heartily recommend to all the young brides of the nation, that each may secure love and harmony in her own dear home.

OLDERSHAM HALL,
LINCOLNSHIRE.

GENTLE HINTS, &c.

MY DEAR YOUNG FRIENDS,

MANY times, in the course of my life, I have lamented that parents should bestow such infinite trouble and expense upon the education of their daughters, and permit the after years of their life, which they pass under the parental roof, to glide away in comparative inactivity. I think I hear you exclaiming, it is not so with me—I visit the poor, make Dorcas linen, read all the new works of the season, practise polkas, valsees, and songs—and my drawing and my wax flowers, my knitting, netting, and crochet,—you would not wish me to neglect these, surely. I reply, assuredly not—and thus far we are agreed; and now let us examine if in any essential point we differ. I shall offer you but a plain summary, because this is not intended as an educational disquisition.

Education, properly directed, is intended to raise the heart above its natural corruptions; and in the place

of wilfulness, waywardness, ill temper, peevishness, pride, vanity, selfishness, covetousness, and all the many ills to which uncorrected dispositions are heirs, to produce rectitude, honour, placidity, content, humility, self-denial, beneficence, and all those sweet fruits which emanate from the Spirit's graces, and abundantly spring up in a religious soil. Contrasting therefore the above benefits, we can easily contrast the home. I conclude that your parents have selected a pious instructor ; one who bases every thought upon the only enduring hold, "the rock of ages ;" as such, you have, in your years of probation, engrafted these virtues upon your heart ; your position in society, perhaps, demands something beyond the plain education of the heart, and the elegancies of accomplishments have lent their charm in softening the asperity of hard study. All this is well. God has mercifully united design and harmony in His good gifts to man ; and the sun-lit landscape and the warbling birds are beautiful shadows which, when reflected in the human mind, awaken a love for the sublime ; thus the pencillings of nature, deeply appreciated by man, have created energy, perseverance, and a desire to surpass ; and wherever taste exists in the mind, its cultivation is an undoubted duty. I would, therefore, kindle and nourish every particle of beauty in a mind, for where but little is found the greater need for its preservation. I hear you question for whom I am writing—for what class ? I reply, for all ; the cultivated mind has no station ; no post which it could not honourably fill ;

education does not elevate above the allotted sphere ; it only creates contentment with a station you may adorn ; and I would in no case diminish that best fortune because imperishable, a good education, for the more a mind is expanded and enlightened, the more humble and gentle does it become : the more thoroughly the rust is removed from the mirror, the purer and brighter is its reflective power. Your mind is not your own—it belongs to ages yet unborn—it is lent to you not to lay by and tarnish, but that its lustre may shine on in the hearts of generations “ who will rise and call you blessed.” Your training creates the discipline and good government of your children, and, as each one enters into a home of its own, irradiates the widening circles of untold numbers. By way of example, I surmise that at eighteen a young lady is considered finished, and thus far all the parent has done is amply repaid by the bright blossom which now smiles and adorns a home. Julia is all that my artistic eye could desire in person and character, formed to love and be beloved. She is at home, a companion to her mother ; her education is complete ; she is good, amiable, and happy ; her father is a lawyer, and has a handsome property. Servants in plenty attend to all the household matters, and Julia has also much to do. We will now enquire how she fills up her time. Breakfast at eight—Julia presides ; after breakfast practises a polka—then saunters about the house or round the garden—plucks a flower here and there—comes in weary, and drops

into a chair—takes up a book, reads a few pages, and recollects Widow James is ill—puts on her bonnet—rings for a little arrowroot, and visits the poor thing—meets Miss Jackson, who persuades her to walk—returns too tired to join mamma in her call at Rosehill, and therefore mamma goes alone. Julia throws herself on a couch with a book, and reads till she doses—wakes and dresses for dinner—crochets afterwards—plays and sings to her papa, and chats till she retires. Take another, a more industrious, day :—a little work is done—a pinafore for a poor child—the servant mends Miss Julia's clothes, *of course*—the servant puts Miss Julia's things into the proper places, *of course*—Julia is ready for a drive with mamma—dines out, and, returning late, requires extra sleep next morning, and is not, therefore, up to occupy her post at the coffee making. Sunday comes, and Julia attends the schools, and is much loved by the children for her kind and affable manner. Julia is engaged, and the next months pass in visiting Mr. Johnson's friends, receiving them in return, and in matrimonial preparations. Julia becomes Mrs. Johnson ; the travelling tour is ended, and the happy couple are settled at home in the morning after the first breakfast. Cook appears, and awaits her mistress's order for her first domestic dinner. Alas, poor creature, she was never taught to think of such common things. While her mother was arranging domestic affairs, the daughter was idling hours away, and the accomplishment of managing a home was not

among those she learnt. What would not Mrs. J. give for lessons in housekeeping? This is a true unexaggerated picture of hundreds of the young ladies of the present day, and it brings a disgrace upon refinement which it does not merit. The union of a cultivated and a domestic mind is quite compatible with the most delicate notions; and I undertake the present task, to show you the positive simplicity of such combination, and the necessity for an alteration being made in the social training of our future heads of families. I am not, as you will easily discern, writing for ladies in the higher ranks of life, who know not whether work is done by machinery or manual labour, or for those whose abundance furnishes them with such numerous domestics, that they entrust the constant necessary supervision of a household to a housekeeper, butler, &c.; but for that large circle of young ladies who usually enter life with a comfortable prospect, while each, maintaining a respectable economy for a future day, never forgets in any department that she is the lady. I limit, therefore, the requirements of the small genteel house at the outset to a cook and housemaid; the dinner for two and an occasional friend. In comparing the past with the present management of a house, I am aware that the cry is raised against the altered character of servants, but I am obliged to refer to the great change in the mistress. Formerly the mistress directed and assisted in everything; now she cannot even guide the machinery of her own house, and her ignorance and neglect

create independence and carelessness in her domestics. This operates greatly to the prejudice of servants. Masters are not the most patient individuals in the world, and often require soothing; instead of which, the only alternative to a badly cooked dinner, or a mis-managed household, is the dismissal of the apparent cause—the untutored servant; for who would even dare to suspect that a wife is incompetent to effect an improvement. Certainly the wife will not condemn herself; therefore, as she cannot direct her servant in amending the matter she must be discharged, instead of improved, and another and another tries in vain, till experience has taught the lesson to the mistress too gladly learnt. In the recommendation of a daughter in olden times, I recollect even now with delight the game so full of fun, of the good old dame introducing her numerous family of girls with their various useful accomplishments, then deemed the most attractive fortune:—

“One can bake, and one can brew,
One can shape, and one can sew,
One can sit at the fire and spin,
One can make a cake for a king.”

In every department, however, the lady of the house is now equally deficient; she is harassed by troubles of her own creating; nursery cares are added to her already overburdened time, and arrangements multiply on an unmethodical mind. Where are accomplishments—echo answers, where? If we patiently reason over the bringing out of young ladies, we shall be the

less surprised at the result, and all I aim at is, to create in them a desire to excel in the useful, as they do in the elegant. And believe me, my dear young ladies, I am not a little interested in securing for my eight sons some portion of real English hearth happiness, and therefore I ask you for them to bestow a few months of your life in the patient investigation of this new study, your ignorance in which will, I know, often raise a blush which I would fain prevent.

These few rules I recommend to your consideration :

Like Alfred of old, I urge a division of time and an application of duties to each part, never allowing trifles to interrupt the arrangement. Always perfect yourself in whatever you undertake. Let essentials come first and fill up vacancies with unimportant matters. If the *utile* has a share with the *dulce*, doubt not that when you enter married life, you will be satisfied with yourself, and be an ornament of no small value in your husband's coronet of hope.

" 'Tis an important point to know,
There's no perfection here below.
Man's an odd compound, after all,
And ever has been since the fall.
Say, that he loves you from his soul,
Still man is proud, nor brooks control,
And though a slave to love's soft school,
In wedlock claims his right to rule."—*Cotton*.

I am, my dear young friends,

Very faithfully yours,

MARTHA CAREFUL.

MY DEAR MRS. JOHNSON,

YOU may believe how truly I rejoice in penning down the few trifles which you so urgently request, and though of so domestic a nature, rely on my experience when I assure you it is indeed "Trifles which make up the sum of human bliss." You have now entered upon a most responsible voyage—the helm of a vessel fully freighted with affection, wealth, and happiness is placed in your hand to guide—one false step may cast you on a rock of sorrow ; think, then, of the importance of ensuring for your bark a safe pilot, one who can steer you among the rocks and shoals of life safe into harbour. Secure, then, such an everlasting friend—give your first thoughts to God—in the morning of your married life seek Him—wait not till trouble overtakes you—let Him not say "in their affliction they will seek me," but begin by placing your home under the shadow of His wing. Make a family altar, on which you sacrifice all that the world holds dear, all that was perhaps too dear to you while single. Your husband has possibly been too engrossed by business and thoughtless of the things which belong to eternity, but you are to call him—you are to win him—gently, sweetly, silently, into the fold of Christ—

“for what knowest thou, O wife, whether thou shalt save thy husband !” Blessed hope, but still more blessed reward. Keep fast hold of such an anchor, stedfast to the end. Your husband, of course, is not an irreligious man ; you would not select one who was not a punctual observer of all things tending to godliness, but “the heart is deceitful above all things,” and the best man of the world often needs a reminder that “this is not his rest.” Unaccustomed possibly to a domestic altar, he must be wooed and won, as you have been, by the purity and holiness of the object, till your aspirations become his, and your hopes of immortality are echoed through every life-string of his heart. Thus sailing together in your fragile bark down the stream of life, you will have “a covert in the storm—a rock to shelter from the heat—in the midst of the rivers of trouble you will walk on dry ground.” Be not dismayed, if your course be beset with difficulties, go on, you have a household over whom you preside as God’s steward, a steward of the immortal souls committed to your charge by Him. Servants, children, will be enquired for at the day of reckoning ; let nothing short of what you know to be your duty satisfy you, wait on the Lord, you shall reap if you faint not. Thus I imagine you have commenced your married life with morning and evening family prayer ; you will, after a cheerful breakfast, proceed to your daily domestic affairs. I presume your husband will leave you for the morning, and although you are alone, and may miss the merry group

of your former fireside, you have no time to regret you have no companion for the present.

FIRST DAY.

Do not suppose by my very simple remarks I am imagining that you and your servants are necessarily ignorant of the common routine of domestic duties, but as it is impossible for me to decide what you will remember, I think it better not to omit any point on which a mistress ought to be perfect. When the breakfast cloth has been freed from crumbs by either napkin or brush, and carefully folded ready for the press, have the crumbs swept from the carpet by a long handled brush and dust pan, kept expressly; the hearth trimmed, coals put on; if the summer, arrange a pretty bouquet; in the winter have a tasty vase, with a flower in it on the table, or a bowl in which you grow crocusses or hyacinths. A lady's taste is more displayed in her trifling arrangements than in all the multiplied rarities which her purse has provided around her. The bird next claims attention, for this interesting companion must not be omitted in your thinly-populated home; by the time you have perfected these preliminaries, walk upstairs and put away any little matters of your own or your husband's that may have been left about, casting your eyes quietly around to see that the housemaid is performing her duty properly.

HOUSEMAID'S DUTY.

On going to her bed-rooms, she should first brush

all clothes lying about, and place them in the wardrobe neatly; then put away everything belonging to drawers or boxes, seeing that closet doors and drawers are closed to prevent dust entering. Next she must open the windows and remove the bedclothes separately, always one way to know the top. Sheets should be made with the top hem wide to prevent mistakes. When servants are unnoticed, they frequently acquire the untidy habit of stripping everything off the bed at once, on one chair only, by which means the corners of the linen become soiled. While this airing is going on, the housemaid must provide a large can of hot water and her proper cloths, and proceed to the washing and scalding all the chamber appurtenances.

Her duty is not complete until the jugs and bottles are refilled; the next step is to remove all candlesticks, mugs, &c., that do not belong to the rooms, carrying them away and putting them at once into their respective places. The cook should now assist in well shaking and making the beds, each servant being provided with a large white apron, which is to be removed when this work is over, and returned to its own corner till again required. The housemaid's upstairs duty is drawing to a close; she has now to sweep up pieces, for which she has of course a special pan and brush ready with her duster and dusting brush to dust the rooms, sweep and dust the stairs.

Do not suppose that I have been expecting you to be all this time watching the whole process; far other-

wise ; I recommended an investigating glance or two, to remind, or applaud, as neglect or attention claims, but you are required elsewhere, and I will conclude, that when you came down stairs, you visited your kitchen, casting the same quiet inquisitive glances into all the ramifications of bread baskets, milk pans, butter and cheese pans, &c. &c. Cleanliness is essential in every place, but it ought to be especially connected with all that appertains to eating and drinking. If bread be properly managed, there will be no hard and broken pieces, but when they occur, have them made into a pudding, rather than, by constant complaints, induce them to be cast away. Be liberal in your allowance to servants, but not excessive ; let there be no want, but try to let there be no waste. I fear the small cost of a thing too often engenders an idea that it is not worth caring about, but always try to impress on your servants their duty to save for you as they would were they the housekeepers. When the lady goes into her kitchen, the hearth should be white and trim, and the breakfast things being washed up in a clean tub, with a nice cloth ready to wipe them upon. The cook waits your orders for dinner, and we will begin with Saturday. Let your mind be fully prepared to give your plain directions for what you require, by having first made yourself acquainted with your own wishes. Enforce punctuality—the saving of minutes is the saving of hours ; the entire household reaps the benefit.

SATURDAY'S DINNER,**No. 1.****YORKSHIRE PUDDING—ROAST BEEF.****ACCOMPANIMENTS—HORSE RADISH AND HOT VINEGAR.****VEGETABLES—GREENS AND POTATOES.**

You will, as if you had always been accustomed to it, give every direction for the above, and if at table any thing differ from your idea, remember to mention it to the cook on the following morning.

Thus far your morning's duties are over ; you have no anxiety ; you know all that is proper is in progress, and you find that only one hour has been occupied. You return to your sitting-room and employ one hour in work, which on Saturday must generally be in repairing, especially remembering that nothing in life so ruffles a husband's equanimity as the enormous crime of finding his wristband destitute of a button !!! one hour in reading and one at your piano. You really deserve my thanks for thus patiently listening to such dry advice ; what will you say to me when I interfere with the fashionable notion of reading, but I must be just to myself. I started with plain facts, and must not shrink from my duty. Have you accustomed yourself to reading the light and trifling narratives of sentimental minds to the exclusion of higher and deeper and holier matter—if so I pity your lost time—but you say your mind required amusement in your hey-day of life ; I am not quite 75, and remember well how often I have been amused by such pastime, and it is not that I con-

demn all light reading, but reading only all that is light to the exclusion of better things. By so doing young minds create a world they never see—conjure up heroes they never meet—become the heroines of scenes which never happen, and thus mingling in the ideal they permit a happy reality to pass unheeded, and beings formed to shine in a domestic sphere, toss to and fro in a current of vacillating hopes and fears that too late they discover are phantoms of an overstrained sensibility.* Therefore, supposing that you have been an admirer of novels, you must now remember that, your opportunities for reading being curtailed, it is expedient that your mind be filled with such works as will elevate you in your new position; you have renounced the world as it was, and your future is a little hemisphere of your own, in which you are to be the sun, radiant in all goodness, diffusing life and light around you. To learn to keep up that unspotted brightness—to extend that purity of light and love in your own circle, is the teaching you must desire. Your own judgment and discretion, guided by such desire, will lead you to devote your hours to the profitable acquirement of knowledge, and music and drawing will be studied, not to produce a brilliant effect, but to improve and cultivate your taste, that in that vista of futurity which is deeply shadowed in your heart, such taste may be again imparted to the perfecting of all a mother's

* One of our most solid divines compares the effect of novel reading on the mind to dram-drinking on the body.

fondest hopes can paint, the beholding herself surrounded by little questioners at her fount of knowledge, and being able to supply some food for all.

I imagine your breakfast was ended at 9, your domestic duties at 10, which on a Saturday always include laying out the clean linen for airing, and counting over and placing in the drawers that which comes home from the laundress. All your orders for Sunday will now be given, that your servants, taking time by the forelock, may have nothing to prevent their full participation in the coming day of rest, your work at 11, your reading and music at 1. You now take luncheon and dress for walking, visiting the poor or making a call, not a gossiping unprofitable call, but an interchange of thought and feeling, remembering how much influence over a mind even the weakest christian possesses, and that every foolish, that is unprofitable, or mischievous word, condemns us in the sight of God. If it rain and you are unable to walk or are expecting calls, you will be dressed and quietly seated to receive them; never keep a friend waiting; never be in a bustle to clear your room; if all things be done in order there can be no occasion for such an unladylike disturbance. Always be ready for dinner! It is but a small return for the morning's care and toil of a husband to have a sweet smile to greet him home—to have all comfortable around him, and to soothe a too-often harassed mind by the quiet gentleness of love. Though a bachelor, Cowper knew the magic charm of keeping

peace, and every bride should learn on her wedding-day his compressed idea that

"The kindest and the happiest pair,
Will find occasion to forbear,
And something, every day they live,
To pity, and perhaps forgive."

The most congenial minds will sometimes agree to differ, and one cannot suppose that, however deeply affection may be rooted, two persons shall always think alike ; but harmony grows out of discord, and time creates a unison of sentiment, or at any rate the desire for passively yielding opinions in both. A gentle argument often tends to encourage ideas and language, and must not always be rejected, but the wisdom of knowing when to speak and when to hold one's tongue is very desirable to be early learnt.

Allan Ramsay, the Lanarkshire poet, seems well to have understood the foundation of connubial peace, when he puts into the mouth of his Peggy the following determination :—

"Whensoe'er they slight their maiks at hame,
It's ten to ane the wives are maist to blame,
Then I'll employ wi' pleasure a' my art,
To keep him cheerfu', and secure his heart
At e'en when he comes weary frae the hill,
I'll hae a' things made ready to his will.
In winter, when he toils thro' wind and rain,
A bleezing ingle, and a clean hearth-stane ;
And soon as he flings by his plaid and staff,
The seething pat's be ready to tak aff ;
Clean hag-a-bag I'll spread upon his board,
And serve him wi' the best we can afford ;
Good humour and white bigonets shall be
Guards to my face, to keep his love for me."

I am not going to intrude into the evening scene. A cheerful tea—music—chess—a husband reading or writing while a wife is working and picturing the little head that shall fill the cap; sometimes stopping to ask, "Is it not pretty, James?" all this is a variation according to circumstances in every happy home, and I pass on to the hour when the servants seated round the table are hearing again the holy theme of Gospel truth, piously read by their honoured master, and after imploring a blessing on all forming that household band, sweetly sleeping under an Almighty wing. Thus closes many a bright day on many a bright young heart; and although some may deem such a life monotonous, let me tell them the interchange of social love and holy thoughts can never weary, but is like a refreshing stream, which gently murmurs on its course, never reaching the noise and tumult of the ocean, but gladdening and beautifying the surrounding scene.

"Small change of scene, small space his home requires,
Who leads a life of satisfied desires."—*Rogers*.

Believe me, faithfully yours,

MARTHA CAREFUL.

SUNDAY MORNING.

"How dear the hallowed morn will be
When chiming bells awake the day,
And by their sacred minstrelsy
Call you from earthly cares away."

MY DEAR MRS. JOHNSON,

WHETHER you reside in a town where the church is but a few steps from your dwelling, or in the country where you have a walk through shady lanes to reach it, do not acquire the habit of thinking the hours of the Sabbath morning may be devoted to idleness. By rising late on this day your home, which ought to partake of the calm peacefulness of a day of rest, is all hurry and confusion—mis-laid gloves—missing umbrellas—lost books—all enquired for, all sought after—servants running here and there to save your appearing late in your accustomed seat; a bustling walk and overheated system are not the incentives to that "peace" you go to seek. Let me humbly urge you to fix and keep your breakfast to only one half-hour later than ordinary. Your orders will have been attended to on the previous day, and after your family prayers you will all be

prepared with plenty of time upon your hands to enjoy a gentle walk to church. Much has been said and urged upon the better observance of the Sabbath, and truly desirable is it to see this day more devoted to a Heavenly Father's most kind arrangement—a day of holy peace and calm retirement from the excitements of a too engrossing world; but to effect this every one must remember that personal reformation can alone avail. I may regret yon apple stall is open, and tended by a woman who might otherwise be at church, but if I am employing servants to cook my dinner, or I have risen late and left all my work to be done by them at home, wherein do I differ from her. Both are alike desecrating unnecessarily the Sabbath day! How much improvement must be manifest if our young British brides will take this measure into their own hands—how many servants will go from you, either endued with a proper reflection on the duties of devoting this day to God, or satisfied that it is a gift to be used or abused at will. Reason with yourselves, my dear young wives, and if grey hairs, like mine, should bleach your head, believe that no reflection will be sweeter to your aged hearts than the satisfaction you feel in having, as far as possible, hallowed in your house and your example the Sabbath of the Lord. What! a cold dinner on a Sunday, exclaims your husband on this first beginning of an excellent rule? Tell him to wait, and see how you have catered for him, and when he has relished his dinner, let him know that through your arrange-

ments one servant can go to church each service; that your kitchen has not been put into disorder by cooking, (for you have no servants' hall;) but when you have dined, your domestics have a clean comfortable apartment without labour to sit in, and can there quietly chat over their mutual thoughts of their earthly home, and those dear ones, separated from them for months and months, all earning their bread by the sweat of their brow, and then naturally led to holier thoughts, the heavenly home in the bright world beyond will rise in their warmed imaginings, and "the way, and the truth, and the life," will be eagerly sought for and earnestly won. A trifling exercise of self-denial on the part of the superiors will teach a most practical lesson in the dependents' heart of the valued privileges of the seventh day. Sir Mathew Hale wrote the following quaint and well known lines:—

"A Sunday well spent
Brings a week of content,
And health for the toils of the morrow;
But a Sabbath profaned,
Whatsoe'er may be gained,
Is a certain forerunner of sorrow."

Judge Hale also leaves his experience thus noted down:

"I have found by a strict and diligent observation, that a due regard to the duties of this day hath ever joined to it a blessing upon the rest of my time; and the week that hath been so begun hath been blessed and prosperous to me: and on the other side, when I have been negligent of the duties of this day, the rest of the week hath been unsuccessful and unhappy to my own secular employment; and this I do not write lightly or inconsiderately, but upon a long and sound observation and experience."

No. 2.

SUNDAY.

OX TAIL SOUP—COLD BEEF.—

APPLE PIE—CREAM.

ACCOMPANIMENTS TO COLD MEAT—POTATOES—SALAD—
CUCUMBER.

The soup only requires boiling up; the pie made on Saturday can be eaten, hot or cold, the oven being the only agent employed. Potatoes may be steamed or baked, neither requiring more than the simple attention a servant can bestow while laying the cloth, or attending her other duties. It is very customary to dine early on a Sunday, and it has a great advantage in leaving the evening hours for peaceful reading and meditation, or attending evening service. You will of course assemble your household to reading in some part of the day, and it is very desirable to be able to explain what you read, bringing all remarks as well as reading within the scope of your servants' humble capacity.* Something good should be impressed upon the mind every day, by which small amount of intellectual labour, a store may be laid up against the time "when the keepers of the house shall tremble, and those that look out of the windows be darkened."

Another day has thus drawn to its close, in which you have had much power given into your hands by God.

* "So they read in the book in the law of God distinctly, and gave the sense, and caused them to understand the reading."—
NEHEMIAH 8 ch., 8 v.

It is for you to reply how you have used it.

“Delightful day—the sable night,
Spreads her dark mantle o’er thy reign,
And morrow’s quick returning light,
Will call you to the world again.”

Believe me faithfully yours,

MARTHA CAREFUL.

MONDAY MORNING.

"If happiness hae not her seat
And centre in the breast,
We may be wise, or rich, or great,
But never can be blest ;
Nae treasures, nae pleasures,
Could make us happy lang :
The *heart* ay's the part ay
That makes us right or wrong."—*Burns*.

MY DEAR MRS. JOHNSON,

HAPPINESS in part is imaginary, and its possession depends almost entirely upon ourselves; contentment is the key which unlocks the treasure-house, and, "with godliness, is great gain."

"This is the charm, by sages often told,
Converting all it touches into gold ;
Content can soothe, wheree'er by fortune placed,
Can rear a garden in the desert waste."—*Kirk White*.

Thus early in your married life, you must I am sure awaken free from care, and a new week of useful activity will open upon you, only to set your happy spirit free in the performance of your duties. You will observe that I avoid repeating daily duties, which when

once arranged cannot be forgotten, and only here name that public and family prayer do not take the place of closet prayer ; each is essential to the filling up of that blank in the human heart which only pure religion can supply. The chamber of love should be a sanctified spot, where a communion of holy thoughts and hopes blending before a common Maker should morn and eve arise to a throne of Grace, to call for mutual blessings or mutual support in that path of life now but dimly seen through futurity's thick veil ; thus early hallowing the ties of earthly affection. You have to add on this morning your attention in superintending the housemaid to prepare the linen for the laundress, making an inventory, and being careful that necessary repairs are attended to, thinking over the useful adage, that "a stitch in time saves nine." Different people pursue different plans with regard to almost every thing, and my plain notions will be smiled over by those who, having many servants at command, scarcely condescend even to know of their existence ; but to command well a soldier must know the plain discipline of the ranks, and George the 3rd sent the Duke of Clarence out as a midshipman that he might know his duty as an Admiral. The most fastidious mistress has more reason to blush at her ignorance of household work, than at even being called upon occasionally to perform a part. You will bear with me while I enter into the middle day duties of your housemaid, supposing that you possess neither footman nor tiger.

HOUSEMAID'S DUTY.

She must be neatly dressed by one, p.m. with that beautiful garment a snow-white apron, ready to bring in your luncheon, and to answer the door ; when not required to be so employed her needle will furnish occupation until the time for preparing the tray for dinner. She must then place a cloth on the sideboard, the cloth, napkins, and mats on the table, bringing in the tray, plate warmer, and basket, with the knives and silver ; to the arrangement of the table you are doubtless accustomed, remembering only to have additions of everything on the sideboard in case of need, to prevent the servant leaving the room when she ought to be waiting upon you. Any trifling deviation you require from the plan you first arrange you can easily make, and good guides for housemaids are sold cheap if necessary. Your part is to see that the plate and glass always look bright, salt fine and dry, cloth untumbled, napkins smooth, and bread small, and of a proper age. The baskets and trays require examination occasionally, or these matters become neglected. If you have dessert, finger glasses, &c., always have them prepared before dinner, that they may be ready to place on the table immediately the cloth is removed. Let the servant remain quiet during grace. It is better to have the crumbs taken off with a brush and the cloth carefully folded at table, as this ensures its being placed in the press without tossing about. I am not supposing that you occupy your drawing room every day in the

winter, and therefore when dessert is ended, have the crumbs swept up, the hearth trimmed, and the room put in order while you are washing your hands. In the winter, the curtains will be drawn, and the lamp brought in and you snugly sit around in the full enjoyment of an English fire-side.

“When the bright sun deserts the skies,
And the dull wintry evenings rise,
Then for a husband's social power,
To form the calm converseive hour ;
The treasures of thy breast explore,
From that rich mine to draw the ore ;
Fondly each generous thought refine,
And give thy native gold to thine ;
Know thee, as really thou art,
Though fair, yet fairer still at heart.”—*Dr. Cotton.*

Give the servant a hint to step into the room now and then during the day, to put on coals, if required, and to sweep up the hearth. The brush so used must be washed once a week.

MONDAY'S DINNER.

No. 3.

SOLES—MELTED BUTTER.

MINCED BEEF, WITH POTATOE WALL.

BREAD AND BUTTER PUDDING.

SPINACH.

It is not etiquette to serve potatoes up with fish. If you fancy them, a distinct order must be given.

Believe me, faithfully yours,

MARTHA CAREFUL.

TUESDAY.

"Look round our world ; behold the chain of love
Combining all below, and all above.
See plastic Nature working to this end,
The single atoms each to other tend,
Attract, attracted to, the next in place
Form'd and impell'd its neighbour to embrace.
See matter next with various life endued,
Press to one centre still, the general good."—*Pope*.

MY DEAR MRS. JOHNSON,

As the great aim of every one's life should be to promote the glory of God and the well being of our fellow creatures, no day ought to dawn upon us without a thought how these things can be best promoted, and then we can never feel ourselves without occupation. Home duties claim the first attention of every "gude wife," nor will any act of charity or religion palliate a neglect of these—"To do our duty in that state of life to which God has called us," is the lesson learnt in childhood, to be practised in after life. To gild the stray moments, is an art that will amply repay the labour of learning; clouds and sunshine alternate in every day life as they do in the atmosphere around us, and the aim of the Christian wife should be, so to learn to

govern and discipline her own mind as to remain undisturbed in the contending currents she may be called to encounter.

After carefully examining the labour requisite for keeping every part of your house in order, you will set apart fixed days for certain duties, which will prevent any omission or confusion. You will, of course, arrange for your housemaid to bring up hot water every morning at seven to the occupied bed-rooms, and to be prepared to answer the bells with clean hands and apron, as she must assume the office of lady's maid occasionally in your small establishment. Nor is this all—this daughter of Proteus must once a week establish her reputation as laundry maid; for although you do not horrify your husband with a "washing day," it is a luxury for ladies to have their delicate laces carefully "done up" at home.

You may exclaim in great alarm, that this is really going too far; you never learnt starching and ironing; but this is why I am going to teach you, that you may instruct your servant; the mistress alone should impart such "household words," and never betray her ignorance in any department.

WASHING AND STARCHING.

Fine things must not be *wrung* out, but simply squeezed through the hands. White curd soap ought to be used, and the powder blue, which is of a clearer and brighter colour than the stone blue. This must be put into a flannel bag and just dipped into the water.

STARCH

Varies much, as during the last few years many new kinds have been introduced. These require different management, according to directions given. The plain old fashioned starch, from wheat, is braided up with cold water, and then boiled, being well stirred. Some people put in a little wax to prevent it sticking, but if good, this is not required. When the linen is dry, it is passed through the starch—if required, to be very stiff—a second time; but laces and fine muslins are generally either put through very thin, or water starch, or else rinsed through water afterwards; they require drying again, then sprinkling and rolling up in a cloth kept on purpose, to become uniformly damp. Narrow lace should be pulled by the hand till nearly dry, and muslins and nets require clapping between the hands till dry enough to iron, as this helps to make them clear.

It will always be necessary for the dining-room to be regularly and thoroughly swept, and cleaned once a week; to do this properly in time for breakfast, the servant must rise an hour earlier, as the bright stove must be attended to carefully.

TO CLEAN BRIGHT STOVES.

The polish and beauty of the steel ornamental parts of a stove require great attention from a housemaid. Emery dust, moistened into a paste, with sweet oil, should be kept in a little jar, this should be applied on a

bung, up and down, never crossways, until marks or burns disappear. A dry leather should then remove the oil, and a polish should be afterwards given with putty powder on a dry clean leather. Both these processes require manual *labour*.

The drugget taken up and shaken, and tea leaves, just damp, strewed over the carpet before sweeping. Curtains folded and pinned up, table cloth removed, and any article of furniture that can soil must be covered up. A housemaid's box should be always used, in which cinders are removed, and a large coarse piece of wrapper should be laid over the carpet to prevent any dirt from the fire-place injuring it. After the sweeping, the furniture must be well rubbed—for even the servants ruin—the French polish requires stimulating frequently. Many houses have the luxury of a breakfast-room or study; but in a limited establishment this adds to the work, and the cook generally attends to it, in addition to the hall and steps. If a family dine late, the servants require their dinner at one, and a separate provision must be made for them; this alters your arrangements in a degree, because you must provide less for the dining-room, and small catering is more difficult, and requires more tact and economy than for a large family. Your servants must not always dine on just what you leave.

Tuesday, in almost every household, seems to be a leisure day, and is therefore very easily set apart for letter writing, and the hours, if so required, can be

stolen away from calls, leaving yourself plenty of time
for a really constitutional walk.

"——— The laboured mind
With ease was pious, generous, just and kind;
Soft for impression, from the first prepared,
Till virtue from long exercise grew hard,
With every act confirmed, and made at last
So durable, as not to be effaced,
It turned to habit; and from vices free,
Goodness resolved into necessity."—*Dryden*.

TUESDAY'S DINNER.

BOILED LEG OF MUTTON.—BAKED APPLE PUDDING.

CAPEER SAUCE—CARROTS—TURNIPS.

Believe me, faithfully yours,

MARTHA CAREFUL.

WEDNESDAY MORNING.

MY DEAR MRS. JOHNSON,

For the sake of variety, I will imagine to-day that your husband unexpectedly brings a gentleman home to dinner, and that at the sound of a second voice, you begin wondering and conjecturing how you shall manage to have what is right and proper. Therefore, after a gentle introduction, in which you are to appear for your husband's sake to the most advantage—that is, as the quiet cheerful lady—you will repair to the cook, and request her to speed with the following arrangements—naming a half hour later for dinner, and recommending James to stroll either in the garden, or round the pretty village, or so to occupy his friend till dinner, that your absence may not be noticed. There must be a little extra activity on your part to see things done creditably to the bride and young house-keeper. Clean cloth and napkins, a little extra dessert from the store closet. Sweetmeats, interspersed with the apples and pears, with a few biscuits, always kept in a canister, really make the table look quite well.

WEDNESDAY'S DINNER.

You were going to have cold mutton and a duck, but as your house is too far off the town to secure fish, or little sundries in an emergency, you must simply make a little alteration in cooking the same articles.

DORMERS AND POTATOES.

DUCKS AND PEAS.

OPEN TARTS AND CUSTARDS.

After dinner you sit awhile at the dessert and the wine passes, while conversation mingles with the pleasant smile. But when you find a little weariness pervading the scene, you rise and retire to the withdrawing room—this being of course always required when a friend is with you. Lamps lighted, and curtains closed, tea and coffee are announced to the gentlemen, as prepared, and they join you at the summons. Your servant stands and assists you to the caddy, water, &c., watching your wants, and waiting on the company; after tea you look over the views of spots visited in your wedding tour; hear from your friend the contrast existing between this scene and that which he has visited, and thus by interchange of thought and idea, you have almost double the information you possessed before he joined your party. The piano is open—you play—your husband accompanies you on the flute, or you sing duets, and your friend lingers still—and still seems unwilling to leave the tiny circle, made so magical by harmony, love, and good management;

and when he bids good night, he determines, as soon as possible, to break the chain which now rivets him to a bachelor's condition.

"And thus we banish cloud and care,
And feverish passion comes not there;
And I, if such the joys of home,
Will pitch my tent no more to roam."—*C. Neale*.

In larger parties, coffee is always sent in to the gentlemen before they leave the table. When a friend dines, you do not ask him to sup—in fact this is almost an obsolete meal, dinners being generally fixed at so late an hour. A glass of wine and cake are frequently handed before a friend leaves. Now your servant has had but little extra to do, and that little, from her regular habit of doing all things in order, has been done, and nothing of her regular work left undone. Your fine things are starched and ready for the ironing to-morrow. You are satisfied—your husband pleased, and you are more than ever convinced that a married life is a happy one.

"Thus *habits* mould the soul to be a place
Wherein may dwell forms of immortal grace;
While thoughts and tempers in the spirits shrine,
Grow into shape, and take the life divine."—*Rev. J. Williams*.

Faithfully yours,

MARTHA CAREFUL.

THURSDAY MORNING.

MY DEAR MRS. JOHNSON,

Duties are so consequent on situations and circumstances, that what is imperative in one may not at all affect another; this fact renders my attempt to point out duties necessarily incomplete to some, and overcharged to others. Nevertheless, the gleanings may amuse a lonely half-hour or two. When opportunities occur, you will, of course, visit the poor; almsgiving is never so blessed as when distributed personally; the affable manner—the soothing tone—the understanding the wants and sufferings of the poor tend much to alleviate the sorrow of a poverty or sick-stricken heart. Charity, as distinguished from almsgiving, is the vein that must pervade the every feeling of life—the thinking no evil—in honour preferring one another—not vaunting, not puffed up—this charity of CHRIST'S school diffused through the world, would create in every home that peace which passeth all understanding, and which blooms alike in the cottage and the hall.

"They err who say life is not sweet,
 Though cares are long, and pleasures fleet;
 Though smiles and tears, and sun and storm,
 Still change life's ever varying form.
 The mind that looks on things aright,
 Sees through the clouds the deep blue light,
 And from the bank, all mire and wet,
 Plucks the fresh scented violet.
 Each thing is beauteous in its time;
 And this is not our native clime,
 But sweet enough for those who roam,
 And take the path that leads them home."

Boethius.

HOUSEMAID'S DUTY ON SWEEPING MORNINGS.

Bed-rooms have to be swept once a week, and in the summer, any floor not covered by carpet must be scrubbed,—loose carpets require shaking once a week.

When the rooms are cleared up, a convenient space must be allotted to receive the little well dusted ornaments from the toilet table, mantle piece, &c. The glasses, jugs, basins, &c., must be well cleaned and all covered up; the basis of the bed taken off, the curtains folded up, and a large cover kept on purpose, placed over the bed. Every article of furniture should be moved from its place, to enable the servant to sweep behind; damp tea leaves being strewed to take up the dust. After sweeping, the stove should be well cleaned, and the furniture all replaced, and well dusted and polished. This process must pass through each room carefully and thoroughly—once every week. When rooms are too numerous for one day's attention, they must be

cleansed in two. A housemaid requires a closet upstairs, in which to keep her own brushes, dusters, pails, cans, &c. Once a year many of these require renewing—the cook taking the partially worn out ones, the housemaid always having the new.

Instead of working at her needle to-day, Jane must iron. I have hitherto omitted to mention, that the evening work in the bed-rooms ought to be performed by daylight; in the winter the windows should be early closed, and a clean pair of sheets kept under every bed, which ensures them being aired, and always ready if called for suddenly.

A very easy method of keeping a bed not in constant use aired, is to place a water bottle, or a stone gallon bottle full of boiling water in it once a week, and leaving it therein till cold. You will be surprised to find how long it retains warmth.

HOUSEMAID'S EVENING DUTY.

Carry up a can of water to supply any deficiencies—turn down beds—draw curtains—arrange slippers and dressing gowns—rushlights—place a comb d'oiley on the toilet cover, with brushes and combs—remove all sundries, and leave the rooms in the same neat order as in the morning. Every evening clear up everything that has been in use. Never burden to-morrow by the work of to-day. Put everything into its own place.

Another day is gone; the week is hastening on; and as the bell summons the servants into prayers, its

chime falls on your ear as an awakening chord of hope,
echoing through time to eternity.

"Does pure religion charm thee
Far more than aught below ?
Wouldst thou that she should arm thee
Against the hour of woe ?
Think not she dwelleth only
In temples made for prayer ;
For home itself is lonely,
Unless her smiles be there.
If there thy faith shall fall thee,
If there no shrine be found,
What can thy prayers avail thee,
With kneeling crowds around ?"—*B. Barton.*

Believe me, faithfully yours,
MARTHA CAREFUL.

THURSDAY'S DINNER.

COD FISH—OYSTER SAUCE.

VEAL CUTLETS—MUTTON PATTIES.

JAM PUDDING, BAKED OR BOILED.

FRIDAY.

"From kind concern about his weal or woe,
Let each domestic duty seem to flow ;
The household sceptre if he bid you bear,
Make it your pride his servant to appear.
Endearing thus the common acts of life,
The mistress still shall charm him in the wife,
And wrinkled age shall unobserved come on
Before his eye perceives one beauty gone."—*Lyttleton*.

MY DEAR MRS. JOHNSON,

Although you have much to do to-day, don't be alarmed, but when you go into your store-room, examine what is required for the next week, make a list, and in your morning's walk visit your tradespeople ; select the articles, and pay for them. A regular family has the same weekly demand with but a small occasional variation, and in a large family stores are generally laid in by large quantities, but with a small number, a weekly supply is better ; butter is reckoned at $\frac{1}{2}$ lb. per head through the house ; beer, at one pint per diem for a female servant ; 1 lb. sugar & $\frac{1}{2}$ lb. of tea among two or three servants per week—this hint may guide

you, perhaps. You will find it desirable to arrange a certain day for the cook to make cakes, so that you have a supply always at hand; and as they will keep for any time in canisters, you can arrange according to circumstances. When a servant knows, before hand, what she has to do, her fire and oven, &c., are all prepared, without having hurriedly to make up a large fire more fit to burn than to roast or bake.

FRIDAY'S DINNER.

LOIN OF PORK—APPLE SAUCE.

MINCED VEAL—TAPIOCA PUDDING.

In the neighbouring town you will, doubtless, have a market day, and if so, you ought to select butter, eggs, and poultry from it, through the agency of your cook. If you have no garden, fruit and vegetables will be supplied from the same source. If you have a garden, you will have much employment for leisure hours and thoughts. Perhaps nothing is more calculated to elevate a mind than the meditative reflection produced in wandering about a garden. While a life spent in the noisy excitement of a town participates in the show and bustle consequent thereon, a love for the quiet and the beautiful is engendered among flower beds and thickly studded walks, and the mind reads a lesson of life from stocks and stones.

As the well ordered master is recommended to settle with his workmen early on Saturday, to prevent any unnecessary intrusion by him on the sacredness of the

Sabbath, so I recommend you always to save Saturday from any overburdening, lest unforeseen circumstances should interfere with the accomplishment of all that has to be done, and Sunday should dawn upon a busy household. Having taken a hasty sketch of the week, I have little to add, except that your servant must one day work for herself; she has caps to trim, stockings to darn, and it is a very bad practice for her to leave these things to be done after retiring to rest. I have left but a small portion of extra work, which is—washing down the paint of the stairs and cleaning the plate.

TO CLEAN PLATE.

If silver is well washed in soap and warm water, and then wiped and thoroughly rubbed with a leather, it will always do credit to both servant and mistress. Soda may be put into the water to remove grease or stains. Plate powders are sold, but almost all contain some deleterious matter, which rather injures the silver. Common hartshorn powder, or whitening, moistened either with water, spirits of wine, or gin, will be found sufficient to remove all spots, and give a good polish. Let the silver be well washed and dried; apply the above paste with a piece of leather all over the article; rub it off when dry; brush it out of every crevice, and polish with a dry leather. Corroding spots ought never to be allowed on silver; these will arise from damp, salt, acids, cayenne, &c. When they occur, a grain or two of salt, in sweet oil, rubbed over the

spots, will remove them, but it will require well polishing afterwards, and very careful using.

You will always avoid company on a Saturday, if possible—and possible it is—except under very urgent circumstances. You will always discourage Sunday visiting or Sunday calls. This is quite in your own power. If others call on you, receive them politely, but never call again on the same day. It may be fashion, but a bad fashion cannot be too soon broken. Think of your influence for good or evil in the sphere of action in which you move, and the promise, that “he that converteth a sinner from the error of his way shall save a soul!” Think no error too small to be overlooked—none too large to be dismayed at—but with a quiet gentle hand, place the small axe of firm intention at the root, and in time you shall see it yield. One seed of a poisonous plant may, if allowed to germinate, infect a neighbourhood, when that one seed could be easily eradicated without danger or trouble. You may introduce a bad custom, which you may live to see produce immense effects, or you may discountenance the same and see your reward.

My aim has been very simple, that of endeavouring to blend an accomplished with a useful wife; if I succeed in gaining only a small number of converts, I shall be richly rewarded. Many will smile, perhaps sarcastically smile, at the idea of such drudgery; but probably these will be among the most impatient and petulant if things go wrong, and I shall be quite satisfied, if,

through my "gentle hints," one home is conducted with greater propriety, and one star shines brighter in the hemisphere of domestic love, remembering that to your husband and in your home you are

"To be a light
Shining within, when all without is night;
A guardian angel o'er his life presiding,
Doubling his pleasures, and his cares dividing,
Winning him back, when mingling with the throng,
Back from a world we love, alas too long,
To fireside happiness, to hours of ease,
Blest with that charm—the certainty to please."—*Rogers*.

Believe me, faithfully yours,

MARTHA CAREFUL.

OLDERSHAM HALL,
LINCOLNSHIRE.

DINNER No. 1.**YORKSHIRE PUDDING.****ROAST BEEF.****HORSERADISH—POTATOES—GREENS.****YORKSHIRE PUDDING.**

THIS is most generally adopted with beef, but it is very good under mutton or veal.

Break three eggs, and beat them up with a tea spoonful of salt, then add $\frac{1}{2}$ -lb. flour (for a stiff pudding), with a pint of milk. To make the batter smooth, the flour must be mixed gradually with the milk, and then add the eggs, as above. It must all be well beaten together to dissolve lumps. Place a tin in a dripping pan until it becomes hot, and well greased from the meat, then pour in the batter allowing two hours; at the end of the first hour, if set and brown, turn the pudding that it may be brown on both sides. It is usually cut into square pieces when sent to table, and more generally served before the meat—but in some counties at the same time.

ROAST BEEF.

The joints usually chosen for a small family are, the sirloin—the chump end having the under cut, the rib end scarcely any of that portion;—the ribs are cooked plain, the ends cut off and salted, or the bones taken out by the butcher and rolled; when this is done, the joint should be secured by tape and skewers before cooking, and when sent to table, a silver skewer should be used. The veiny piece roasts very well, but the meat is coarse; the rump makes a fine large joint for roasting. The usual rule for

roasting is a quarter of an hour to a lb. A cook should have a clear bright fire but not fierce, and meat slowly cooked, whether roast or boiled, is superior to that done fast. Meat that has been hung, or when the weather is warm, requires a shorter allowance of time, while fat meat requires longer.

HORSERADISH.

Roast beef is garnished with this vegetable scraped very fine, and an additional quantity is served up in small glass dishes. It should be in cold water some time before scraping. Hot vinegar is sent up in a boat or poured over the horseradish in the dishes.

Horseradish sauce is an excellent substitute when the fresh vegetable cannot be obtained, and if corked tightly will keep good some time.

Beat 3lbs. of horseradish in a mortar, add a little mustard, white vinegar, white sugar, salt, and cream, mixing them well together until of the consistence of cream itself.

POTATOES.

The quality of this universal vegetable depends greatly on the cooking, and as when baked they are invariably mealy, it proves that only a small quantity of water ought to be employed. If a steamer is not used the best method is to pour just sufficient cold water to cover them into the saucepan, and to remove it when it boils, replacing it with cold water again ; then leave them to boil till done, when all the water should be poured off, sprinkling salt over them, and placing under the saucepan lid a thickly folded cloth to absorb the steam. Servants too frequently consider that potatoes require nothing but water, and they do not condescend to bestow either care or thought on anything so common.

GREENS.

This includes broccoli, sprouts, cauliflower, cabbages, savoys.

All greens should be carefully cleansed from the slug tribe, which secrete themselves within the closely-packed leaves, then lay them in cold salt and water an hour, and boil them alone in plenty of soft water, but do not put them into the saucepan until the water gallops; the minute they sink they are done, and require draining before they are served, and they must then be sent up on a strainer. All vegetables are better fresh.

No. 2.

SUNDAY.

OXTAIL SOUP—COLD BEEF.

APPLE PIE—CREAM.

POTATOES—SALAD—CUCUMBER.

OX TAIL SOUP.

Procure 4lbs. of shin of beef, cut it up rather small, roll it in a little salt and flour, then fry it a nice brown, with an onion cut in slices. Put the above into the soup digester with 4 quarts of cold water, let it boil very gradually till the meat is done; one hour before the stock is finished, put in carrots, turnips, and celery, cut in ornamental shapes, or into balls, with a vegetable scoop, a bunch of sweet herbs and a little soup strengthener; strain it. Cut the tail in pieces, and just boil them up to remove the strong flavor.

Brown some flour in the oven, which gradually mix with the soup; then add cayenne pepper, lemon juice, mushroom catsup, a little anchovy, and burnt sugar if not already brown enough; Reading sauce or Soy may be added if the flavor is not good; but the palate alone must

decide the heat, the saltness and the flavour, being particular that no one taste predominates.

The tails must now be stewed in the stock until sufficiently tender to remove from the bone with a spoon, and it must be sent to table boiling.

COLD BEEF.

All cold meat requires garnishing with parsley or lemon, that it may look nice for table. As soon as hot meat is removed, it should be placed in a clean dish; if in the summer time the cook should be provided with some slight bars of wood, which can be scrubbed when requisite, and these placed as a lattice across a dish will thus receive the meat, allowing the gravy to run from it, and prevent the joint becoming sour.

PIE CRUST.

There is so much difference in the making of pastry, that a given rule can scarcely apply, as the same amount of material will frequently produce a totally different effect. $\frac{1}{2}$ lb. butter to 1lb. flour is a usual allowance for common pie crust, and some use a little lard as well; others use dripping for meat pies, but all butter is a purer crust. There are two ways of making crust. 1. Pinch the butter into the flour until it is thoroughly mixed, then add water to moisten it, and roll it out two or three times. 2. Rub part of the butter or lard into the flour, then moisten it with water, and roll it out; place on it, at various distances, small pieces of the butter—dredge flour over them, fold up the crust by turning in the sides, then the top and bottom, and again roll it out, repeating the process two or three times till the butter is all used, and the crust seems smooth. Leave it to rise a little before making into tarts. Lemon

juice, ammonia, or soda, is occasionally used, dissolved in the water, to make crust light. The first is preferred. For a superior crust many people use an equal weight of flour and butter.

APPLE PIE.

Select a dish—cut the apples fine, strew sugar, grated nutmeg, and lemon peel, with a little of the juice at the bottom and among the fruit, adding a glass of ginger or orange wine. Place a strip of crust round the flat buttered edge of the dish, and just wet it to receive the upper crust; this must not be rolled too thin, and the edge only cut off, which causes it to rise more than when pressed down. Frothed white of egg and powdered sugar brushed over the top, and just crisped, is an improvement.

CREAM.

This is a much more inexpensive accompaniment for a small family than custards, although not so generally employed, and when not required for dinner, serves for tea.

SALAD SAUCE.

This may be kept mixed in small quantities in a glass cruet called an incorporator.

- 1 dessert spoonful of anchovy sauce.
- 1 ditto ditto Tomato ditto.
- 1 saltspoon of salt.
- 2 ditto of mustard.
- 4 ditto of oil.
- 6 ditto of vinegar.

To be well and gradually mixed with the yolks of two hard boiled eggs. First braid the oil and egg together, and when quite smooth add the other ingredients.

DINNER No. 3.

SOLES—MELTED BUTTER—MINCED BEEF, WITH POTATOE
WALL—BREAD AND BUTTER PUDDING—SPINACH.

To fry fish, a sharp clear fire is necessary. Lard, butter, oil, or dripping, is employed to fry fish; the latter requires clarifying; in the pan sufficient must be put to cover the fish; and it should just boil before the fish is placed in it. If the fat has not been burnt, or black, and is strained from the pan, it can be used several times over, but for fish only.

Soles are in season all the year, but best at Midsummer. Let them be washed and wrapped in a cloth to dry. Rub stale crumbs of bread, extremely fine, and sift them into a basin. Prepare an egg by beating up the white and yolk. Remove the fish from the cloth, and flour it to make it perfectly dry, then with a paste brush apply the egg all over, both sides, and while wet, strew the bread crumbs thickly and evenly over the fish, shaking off what do not attach, and again apply more crumbs, so that every part is covered. When the fish is thick, let that end be in the pan a few minutes before you slip in the tail. Moderate sized soles require frying 5 or 6 minutes on each side, being turned with a fish slice when the side nearest the pan is brown and crisp; but a cook must be guided by the thickness, as fish must be well done, and only one at a time. When removed from the pan, place the fish on a kitchen napkin before the fire, and turn them until dry on both sides. Garnish with lemon and parsley.

Soles are frequently sent to table in fillets, either fried or stewed, or used as a garnish to other fish. The fishmonger generally prepares the fillets, which is done by cutting the

fish into uniform pieces across the bone ; they are cooked as soles, or stewed as eels.

TO CRIMP PARSLEY FOR GARNISHING FISH.

Prepare the sprays free from stalk, well wash them, and when the fish is out of the pan, boil up the fat again, throwing the parsley into it from the water in which it was soaking. It will crisp directly, and still be green. Remove it with a slice, and dry it for a minute before the fire.

MINCED BEEF.

Select the most juicy and underdone part of the cold beef, and mince it fine with a little fat. Supposing that the bone is nearly stripped, chop, flour and put it into a stewpan, with a little water, salt, an onion, white pepper, and allspice ; let it simmer till the juice is extracted ; then strain the liquor, and let it stand till cold ; take off the fat, and mix it with the mince, with a little shalot or chili vinegar. It will only require to be strained well through, not to be boiled.

POTATOE WALL.

Select the dish on which the mince is to be served ; judge the quantity of potatoes, boil and mash them with a piece of good salt butter. With the bowl of two spoons, the wall must be raised round the edge of the dish, smoothing and pointing it at the top, or cutting it in vandyke, according to fancy. Brush beaten egg all over it, and stand it in the oven to dry and brown.

SPINACH.

Only the young leaves picked separately, and well washed, should be used. Have a saucepan only just large enough to hold the leaves, sprinkle them with salt, and

cover them closely. Shake the saucepan. When done, strain dry in a cullender, beat up well with a small piece of butter. Put it into a tin mould, called a spinach presser, and when placed in the dish, garnish it with vandykes of dry toast.

BREAD AND BUTTER PUDDING.

Cut very thin bread and butter; grate on it lemon peel, almond and nutmeg; place it in layers in a dish, strewing a few well washed currants or marmalade between each piece; fill the dish up with custard a quarter of an hour before baking; a quart dish will require three quarters of an hour. The pudding may be turned out on a flat dish, and powdered with white sugar.

Custard for this, or any baked pudding, is made as follows:—Beat three eggs, two whites, well sweeten and flavour it, then stir it into a pint of new milk. An extra egg will increase the richness when required, and varied flavourings can be used—lemon, almond, noyau, ratifia, cinnamon, coriander, orange, nutmeg, &c.

MELTED BUTTER WITH FISH, VEAL, CAULIFLOWER, ASPARAGUS, KALE, BROCCOLI, MARROW.

Keep a small saucepan that has not been burnt, on purpose for this use; cut two ounces of butter into small pieces, put them into a saucepan with a full tea spoon of flour, and two table spoons of milk; when these ingredients are well mixed, add six table spoons of water. Hold it over the fire, shaking it round one way till it begins to simmer, then let it stand and boil up. Any sauces can be added to it, as anchovy, mushroom, &c.

No. 4.

BOILED LEG OF MUTTON—CAPER SAUCE.**BAKED APPLE PUDDING.****CARROTS—TURNIPS.****BOILED LEG OF MUTTON.**

Many cooks put the mutton into a cloth to preserve the colour, but it is far better to boil it without, if the cook is careful to skim the water very frequently. The meat must be put into cold water, only just sufficient to cover the joint, and placed over a very moderate fire, that it may be slowly done at first, or the meat will look dry and shrivelled. Allow twenty minutes to a pound for gentle boiling, and keep it at the same point all the time. A leg of mutton should soak in lukewarm water for ten minutes, or in cold water for an hour before boiling. Preserve the liquor the mutton is boiled in, for soup.

BAKED APPLE PUDDING.

Take the pulp of eight apples, well scalded, two spoonfuls of ground rice, $\frac{1}{2}$ lb. butter, three eggs, a little nutmeg and sugar to taste. Beat all well together, grating lemon peel, and adding a little lemon juice to it. Place a puff paste round the edge of the dish and bake it.

CAPER SAUCE.

According to the quantity required at table, take capers, and cut them rather small, adding fresh vinegar; stir them one way into a tureen of melted butter.

CARROTS.

Well wash and brush them; young carrots require an hour, old ones will take two hours to boil; you can discover when done enough by a fork, and the outside must

be rubbed off with a clean coarse cloth. They are sent to table either cut in half, in thin slices, or in circular pieces.

TURNIPS.

When peeled, boil them till quite tender, squeeze them quite dry, put them into a saucepan, beat them up with a wooden spoon, mixing a little cream, salt, and white pepper with them till they are nicely flavoured, and look smooth and white.

Turnips will take $1\frac{1}{2}$ hour to boil gently.

No. 5.

DORMERS—DUCKS—JAM TARTS—BOILED CUSTARDS.

PEAS—GRAVY.

DORMERS.

Half a pound of cold meat, 2 ounces of beef suet, 3 ounces of boiled rice, all chopped fine and well seasoned. Roll them into sausages, egg and bread crumb them over, and fry a nice brown; serve gravy in the dish with them.

Glaze, or gravy, ready made, will keep a long time, if excluded from the air.

Take the cooked rind of a ham, or bacon bones, toasted bread, potatoes, carrots, turnips, celery, onions, allspice, mace, cloves, pepper, salt, and a herring. Put them into a soup digester, with any meat bones you may have, cover the whole with water, and close it, leaving it to simmer for three days; then strain, and when cold, remove the solid fat from the surface, taking the thick jelly and corking it down for use. It will, if properly made, keep good for many weeks, and a small piece dissolved in water is always ready as gravy to any dish.

When a family is without this, gravy must be made for dormers from the bones of the joint which ought not to be disturbed until the meat is all used.

DUCKS.

If young, may be dressed as soon as killed ; they require to be roasted from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour before a quick clear fire, and to be continually basted. The following seasoning is used for ducks, and they must be well cleaned and wiped dry before it is put in :—1 oz. onion, parboiled, 1 oz. green sage, chopped very fine, and mixed with 2 oz. fine bread crumbs, a little pepper and salt, and a small lump of butter ; these must all be well mixed together with the yolk of an egg.

GRAVY FOR DUCK.

If you have no glaze, and are pressed for time, you must leave one duck without seasoning, and fill it as follows :—As much water as it will hold, thicken it with two table spoons of flour, pepper, salt, and an onion ; if lean, a piece of butter ; pour this inside the duck, and tie each end up tight.

GRAVY FOR GENERAL USE.

One pound of lean beef cut up in small pieces, and rolled in flour ; put it in a saucepan with 12 cloves, 24 pepper corns, 6 blades of mace, a third of a nutmeg, pepper, salt, cayenne, lemon peel, a piece of toasted bread, and a lump of burnt sugar, cover it with water, and stir it frequently. Simmer it gently, and when strained for use, add Reading sauce if to be eaten with bread sauce, or a dessert spoonful of anchovy, if required, with currant jelly.

OPEN TARTS.

The paste should be placed on the dish, and the edges ornamented, being put in the oven with a piece of buttered bread in the centre. When half baked, remove the bread, and put in the jam, then finish it.

CUSTARDS, BOILED.

Boil 1 pint of milk with lemon peel and cinnamon, mix 1 pint of cream and the yolks of 5 eggs, if without cream, more eggs must be added; sweeten the milk when strained, pour it into the cream and eggs, stirring it well, then simmer it till of a proper thickness, but keep stirring it only one way; boiling will curd it. Persons who are timid in making custards put them into a jug standing in a saucepan of boiling water, but it occupies much more time. Almonds bleached and chopped with brandy are stirred in when nearly cold. When the custard is removed from the fire, it must still be kept stirred, and must not be put into glasses while hot. Rice flour, or arrow root, rubbed smooth in a cup of cold milk, may be used for thickening, if required.

PEAS.

These are better when fresh picked and shelled; to have them uniform in size for cooking they must be sifted. For a peck of peas, put a gallon of water on to boil; then add a table spoon of salt, and the peas, well skim the water, and let them boil quick for 20 minutes, tasting them to see if done enough. Drain them on a hair sieve. Mint can be boiled with them, or if for a garnish, boil the mint separately, and then add it to the peas.

No. 6.

COD FISH—OYSTER SAUCE—VEAL CUTLETS.

MUTTON PATTIES—FRENCH BEANS.

MASHED POTATOES—TAPIOCA PUDDING.

COD FISH

Is in season from October till April. The head and shoulders are most esteemed; the tail serves for two at home, and is cheaper. Wash and clean the fish, and rub a little salt in the inside of it. Many persons prefer keeping a cod fish salted a day before cooking in moderate weather. Put sufficient cold water into the fish kettle to cover the fish, with a handful of salt and a small piece of alum; when dissolved put in the fish; if large, it must boil half an hour, if small, about 20 minutes; skim the water; drain the fish on the kettle plate, and send it to table on a napkin. To garnish cod fish, lay pickled barberries, and cut lemons alternately round the dish; if only a small sized piece of fish for your number, place either fillets of sole, or smelts, or whiting, round in addition to the above.

VEAL CUTLETS.

Order the cutlets from the butcher about half an inch thick, trim them at home, put some butter or clarified dripping into the frying pan, and when hot, lay in the cutlets, turning them till done enough; they will take about a quarter of an hour.

GRAVY FOR CUTLETS.

Put the trimmings into a stew pan with a little soft water, an onion, lemon peel, mace, a sprig of thyme, parsley, and a bay leaf; let them stew an hour, then strain it; put 1 oz. of butter into the stew pan, as soon as it is melted, dredge as much flour into it as it will soak up, stir

it over the fire a few minutes, and then add the gravy to it till all is mixed ; boil it together a few minutes and strain it ; you can flavour it according to taste, with catsup or sauces ; pour this over the cutlets, taking care that both are hot. Garnish the cutlets with parsley, either fresh gathered, or crisped, while wet, in a Dutch oven before the fire.

MUTTON PATTIES.

When the cook was making crust for the jam tarts yesterday, I presume, as there was a little cold mutton, that she made a few patties, which may be sent up hot to table to day on a napkin. The crust for all meat patties requires three distinct and differently sized cutters, and is first baked with a piece of buttered bread inside. The meat is simply minced and well flavoured, and added when the crust is nearly done ; the outside should be glazed with the yolk of an egg put over with a paste brush.

TAPIOCA PUDDING.

Boil $\frac{1}{2}$ lb. tapioca in 1 pint of milk until tender, stirring it occasionally to prevent burning. Add 4 eggs, well beaten, with 1 pint of milk and 3 ozs. sugar ; whisk them well together when flavoured with lemon or cinnamon, and bake it a nice brown, either with or without a puff paste. Sago, semolina, millet, or any grain pudding may be made as above.

OYSTER SAUCE.

A tureen requires 3 dozen oysters. Take off the beards, and put them and the liquor which drains from the oysters into a stew pan, with an equal quantity of milk, add lemon peel, mace, and cayenne pepper, boil it up and strain it, when nearly cold add $2\frac{1}{2}$ oz. butter braided well in flour,

warm this up, stirring it one way, and add the oysters, boiling them only just enough to plump them not shrivel them up. Either more milk or cream can be added if the above is not sufficient for the boat.

FRENCH BEANS.

String and cut them thin, lay them in salt and water, and when the saucepan boils put them in with some salt; send them to table immediately on a strainer.

MASHED POTATOES.

Boil them well, drain them dry, and while hot rub them through a cullender into a stew pan. Add to them a little milk and butter, mix them well together, but do not make them too moist. Boil them up and send them hot to table, either pressed into the dish smooth or put into a shape and turned out.

No. 7.

LOIN OF PORK—MINCED VEAL—ONIONS—APPLE SAUCE.
BROCCOLI—POTATOE BALLS—CLARENCE CAKES.

LOIN OF PORK.

Pork is in season from Sept. to March. A loin of 5lbs. will require about two hours roasting; it must be well done. Score the skin across and rub it over with salad oil to crisp the crackling. It must not be put too near the fire. Some persons prefer stuffing as for duck put in between the scores, in which case roasted onions are not sent up.

MINCED VEAL.

If on the previous day there were any cutlets left, have them minced and flavoured with lemon and mace, and sent up

garnished with vandykes of toasted bread and bacon alternately round the dish, or bread alone, and rolled slices of fried bacon standing up in the centre of the meat.

ONIONS

Should be roasted with the skins on, and sent to table either round the pork or in a vegetable dish.

APPLE SAUCE.

Pare, core, and cut up apples; put them into a jar with a piece of mace, lemon peel, and a very little water, covering them up with their peel and a plate; let them gently simmer in an oven or by the fire-side. When done enough take out the mace and peel, and beat them up with a fork with a small piece of butter and a little nutmeg. Sweeten and send to table in a tureen quite hot.

BROCCOLI—cooked as in No. 1.

POTATOE BALLS

May be mashed, as in No. 6, but pressed into tea cups; egg them with yolk of egg, and brown them lightly before the fire. They then turn out in the dish as small brown balls.

CLARENCE CAKES.

2 ozs. flour, 2 ozs. sugar, 2 ozs. butter melted, 3 eggs, 2 whites, and half-pint of milk; the eggs must be beaten. To be baked half-an-hour in 3 oval tins, 1 inch deep, and powdered sugar over them when served.

No. 8.

**FISH CAKES—BOILED BEEF—THE PILGRIM'S PUDDING—
CARROTS AND PARSNIPS.****FISH CAKES.**

Concluding that some of the cod fish was left from No. 6, it is to be dressed as follows:—

Remove all bone and pound the fish in a mortar, take half the quantity of mashed potatoes, a little anchovy sauce, cayenne, nutmeg, and salt, beat it all up together with an egg, and a little butter, make them up into balls flattened and fried.

BOILED BEEF.

In large families the round and the rump are generally selected, but in small families part of the former is only cooked, and the silver side is considered the best; the H bone or the brisket are good joints for salting, but the meat of the rump is more juicy. This may be managed with a small number in cold weather, as steaks can be first cut from it and hung, or the thick end may be cut off and roasted.

TO SALT BEEF.

Remove any kernels from the fat and let the salt be thoroughly rubbed into every part. When the meat is required to look red, saltpetre must be first rubbed on, but this rather hardens the flesh; some persons add moist sugar. A joint must be turned and rubbed every day, and 4 or 5 days are sufficient for a moderate-sized joint not too salt. Let the meat be washed before it is boiled.

TO BOIL BEEF.

Put it into a boiler quite large enough for the joint to

be well covered with cold water, skimming the water thoroughly as long as any scum arises from the boiling; then remove it to the edge of the fire, and keep it simmering till done. 15lbs. will take 3 hours.

Garnish the dish with carrots and turnips, cut in devices. Preserve the liquor in which the beef was boiled for soup.

An accompaniment to boiled beef, not very generally known, but extremely good, is

THE PILGRIM'S PUDDING.

Soak a thick slice of bread in cold water, and when quite saturated tie it up loosely in muslin, and put it in the boiler with the beef. Serve it up before the meat, and eat it with pepper and cold butter.

When a marrow bone is sent with the round, the end must be tied up to prevent the marrow escaping, and the bone is sent up to table as a side dish on toast, with a piece of curled white paper round the bone end by which to hold it. A marrow spoon must be placed near it.

CARROTS, No. 4, and PARSNIPS are cooked in the same way.

No. 9.

SUNDAY.

COLD BEEF—COLD PORK—POTATOES—BLANCMANGE—
ARROWROOT PUDDING.

BLANCMANGE.

Dissolve 1 oz. of gelatine in a pint of milk and a pint of cream, 10 minutes before putting on the fire, with the rind of a lemon, and sweetened to taste; pour it into a basin, stirring it occasionally until nearly cool, then add a little brandy, and pour it into a shape.

Always wet the shape all over with cold water the last thing before filling.

Jam may be sent up in a glass dish, to be eaten with the blanchmange.

ARROWROOT PUDDING.

Two table spoons of arrowroot braided with cold milk, then boiled till smooth and thick; add 2 eggs and sweeten and flavour it. Make it into a good batter and bake it.

This may be made the previous day and warmed up in the oven.

No. 10.

SHOULDER OF MUTTON—BUCKINGHAM PUDDING.

SHOULDER OF MUTTON BONED AND ROLLED.

The butcher will prepare the joint, and send home the bones. Place a layer of forcemeat upon the inside, turn in the ends and roll it up tight, securing it with wooden skewers. Put it into a stewpan and upon it some slices of bacon, 2 onions cut, celery, sweet herbs, and pepper, the bones and trimmings must be placed around, with $1\frac{1}{2}$ pint of cold water or of the beef liquor if not too salt. Place over the meat a sheet of white paper; cover the pan close and set it over a very slow fire for 2 or 3 hours, according to the size of the joint.

Take the meat out and keep it hot, strain and skim the gravy, and then boil it till it thickens, when brush the meat over with it, and put it in the oven for a few minutes to set. Send it to table with the remainder of the gravy in the dish. This is equally good warmed up another day.

FORCEMEAT.

Parsley, lemon thyme, and suet, chopped fine; add

pepper, salt, and bread crumbs ; mix all together with the white and yolk of an egg.

BUCKINGHAM PUDDING.

$\frac{1}{4}$ lb. grated bread, $\frac{1}{4}$ lb. grated apple, $\frac{1}{4}$ lb. finely chopped suet, $\frac{1}{4}$ lb. currants, 3 eggs well beaten, a little nutmeg and lemon peel, a spoonful of almond brandy, sweetened. Boil the pudding in a mould for 1 hour and a half.

No. 11.

SALMON—SHRIMP SAUCE—RUMP STEAKS—CABINET PUDDING—KALE.

SALMON.

The season for this fish commences as a rarity in Nov. and it is in its prime from March to Oct. Put on a fish kettle with sufficient spring water to well cover the fish. When the water boils put in a handful of salt ; skim it and put in the fish, well washed, and let it boil gently. The time required depends on the thickness of the fish ; about the same as meat is a regular rule.

RUMP STEAKS.

Put some butter into an iron frying pan, and when hot, lay in the steaks, and continue to turn them until done. Take the steaks out of the pan, leaving in some of the fat, to which add flour to make it a paste, brown it, and add boiling water till it is of the thickness of cream, with any flavouring selected ; boil it up a few minutes, and pour it through a sieve on to the steaks. Be sure to send them to table hot. Garnish with finely scraped horseradish ; either oyster sauce, mushroom sauce, or boiled mushrooms may be sent up with steaks.

Mushroom sauce is simply made, by mixing mushroom catsup with melted butter instead of milk, and throwing in a few pickled mushrooms just to be warm through. When fresh mushrooms are to be obtained, it is purer in flavour. Pick and peel half a pint of small ones, well wash and put them in a pan, with half a pint of white gravy or milk, pepper, salt, and butter rubbed in flour; stir them together and slowly stew them; then strain and send only the sauce to table.

SHRIMP SAUCE.

The fishmonger will send them picked, and they then require washing and overlooking, when they may be stirred into melted butter, with a little anchovy sauce and cayenne pepper.

CABINET PUDDING.

Cut sponge cakes in half, and place them round the shape, one outside and one inside, put raisins between them, lay one cake at the bottom, and put raisins round that, fill the shape up with biscuit lightly put in; beat up three eggs, a dessert spoonful of sugar, a little nutmeg, candied peel, and one pint of milk. Mix them well and pour it into the shape, butter and flour the shape, steam it 2 hours, and shake a little flour over the top.

KALE

Is tied up and dressed as asparagus, No. 12.

No. 12.

PICKLED SALMON—MUTTON SCALLOPS.

ASPARAGUS—MACCARONI.

TO PICKLE SALMON.

Save the liquor in which the fish has been boiled, and when the fish is removed from table, cut it up in equal sized pieces; select a vegetable dish, and pour in some of the liquor, then place in sufficient pieces of fish to cover the bottom; sprinkle it with salt, pepper, and cayenne pepper; if any melted butter has been left, put some over the fish, filling up the dish with layers of fish, each layer seasoned similarly; then pour over any liquor that may remain under the strainer, filling the dish up with vinegar; if it requires very much, add liquor to fill it up; place on the cover, and let it simmer by the side of the fire three hours; it will be ready for table when cold.

MUTTON SCALLOPS.

Meat that has been cooked may be warmed up as follows:—Chop it small, with a little onion, pepper, and salt, bread crumbs, and a piece of butter; grease scallop shells and put in the above; then do them in the Dutch oven before the fire, and turn them out; the above may be flavoured with herbs, and gravy can be added if preferred moist.

ASPARAGUS.

Set a stewpan with plenty of water on the fire; put a handful of salt in it, let it boil up and skim it, put in the asparagus, having first prepared it by scraping the stalks clean, then tying them in small bundles with bass, and cutting all the ends even. They require from 20 to 30 minutes'

boiling, and must be taken up the moment the stalks are tender. While the boiling is going on, make a round of toast and some melted butter; just dip the toast in the water, and lay it in the dish trimmed round. Place the asparagus on it and serve the butter up in a boat. Particular shaped dishes and silver tongs are sold for asparagus.

MACCARONI.

For this relish a small close dish with a spirit lamp ought to be kept. $\frac{1}{4}$ lb. macaroni boiled in milk till tender and well mixed with grated Cheshire cheese, a little salt, pepper, and mustard; place it in the dish and grate a smooth layer of cheese over the top, with a few bread crumbs, and brown it in the Dutch oven.

No. 13.

ROAST FOWLS—EGG SAUCE—TONGUE.

NEW POTATOES—ARTICHOKES—VICTORIA PUDDING.

ROAST FOWLS.

Poultry should be drawn soon after killing and well plucked, the stumps carefully removed, and singed before cooking. Tame poultry requires longer roasting than wild; a large fowl will require an hour and a quarter, a chicken 20 or 30 minutes. Fowls must be killed two or three days at least before cooking, and must be well washed. Roast fowls look better sent to table with the legs extended down each side, a skewer being run through the feet to keep them at a proper distance, and the toes just cut off, with the head under the wing. Stuff the crop as for veal, score the gizzard, dip it in the yolk of an egg, and sprinkle it with salt and cayenne; cover the liver with buttered paper,

that it may not dry. Dredge the fowl with flour, and baste it with a piece of butter that has melted in the dripping pan below, keep it at a moderate distance for the first twenty minutes, and when it is nearly done dredge it lightly again with flour, and baste it with a little butter freshly melted in the ladle, not that which has been used before in the pan.

EGG SAUCE FOR ROAST FOWL OR SALT FISH.

Boil 3 eggs 12 minutes, when they will be hard, then put them into cold water till wanted, take half the whites and cut them up into dice, the yolks into small pieces, and stir them into melted butter, or pound the yolks and braid with the melted butter.

GRAVY. No. 5.

TONGUE

Is often purchased ready for cooking, either fresh salted, or dried; if the latter, it requires soaking all night in plenty of cold water; if green, only a few hours. When cooked, it must be put into a boiler with plenty of cold water, and very gradually warmed for an hour, then simmer it from 3 to 4 hours according to its size. It must be very nicely garnished when sent to table. Lay it on a shape of spinach, with a casserole of rice round it, and a bunch of vegetable flowers on the roots, or crimped paper placed tightly round the end of the roots, and squeeze butter through a cheese cloth on the top, or roll the tongue tightly before boiling, and send it to table on its side which many prefer for carving. In this case the bones and much of the root must be removed. The roots can be potted, or answer as a good foundation for glaze or soup.

TO PICKLE A TONGUE OR HAM.

1 quart of porter or old beer, 1lb. salt, 1lb. sugar or treacle, 1 oz. salt petre, $\frac{1}{2}$ oz. of bay salt, 1 oz. ground pepper, 2 ozs. juniper berries bruised, to be poured on boiling hot, well rubbed, and turned every day for 4 or 6 weeks, then smoke dried.

CASSEROLE OF RICE.

Soak and pick the best rice, and boil it in a little salt and water till tender, drain it and stand it round the edge of the dish, smooth it and wash it over with the yolk of an egg, put it in the oven for a few minutes.

NEW POTATOES.

Clean them by rubbing with coarse flannel, and then boil them as other potatoes.

JERUSALEM ARTICHOKEs

Are boiled as potatoes, but when possible in milk. They are sent to table with melted butter over them.

VICTORIA PUDDING.

$\frac{1}{2}$ lb. butter, warmed, $\frac{1}{2}$ lb. loaf sugar, 5 eggs, 3 whites, a little cream, and a very little flour. Mix them well together, place a crust round the dish, and preserve at the bottom, then pour the above mixture into the dish. Bake an hour, when finished, whisk up the whites of eggs left and place the froth round the dish.

No. 14.

CALF'S HEAD—FRICASEED FOWL—COLLEGE PUDDINGS.

HALF A CALF'S HEAD.

If you are requiring to make mock turtle soup, you will buy the whole head with the skin on, keeping the side that is not stuck for table, and preserving the liquor that it is boiled in for the soup.

Take out the brains, wash the head in several waters, and soak it in warm water $\frac{1}{4}$ of an hour before dressing. Put it on the fire with plenty of cold water, which must be constantly skimmed when requisite. Half a head, without the skin, will take about 2 hours; with the skin, 3 hours. Put a few sage leaves into a saucepan, boil them tender, and chop them fine. Wash the brains in two waters, soak them in cold salt and water for an hour, then pour away the cold, and cover them with hot water, and when cleaned and skinned, put them into a stew pan with plenty of cold water; boil them gently for $\frac{1}{4}$ of an hour, skimming the water; chop them and put them into a stew pan with the sage leaves; 2 table spoons of thin melted butter and a little salt, stir them together, and warm them through. Now skin the tongue just boiled, trim the roots, and put it in the centre of a dish with the brains round it. Pour parsley and butter over the head. As a greater finish, the head is scored, rubbed over with the yolk of an egg, and powdered over with a mixture of bread crumbs, pepper, salt, and lemon thyme, just dried a light brown on the head.

A piece of boiled pork or boiled bacon accompanies calf's head, and toasted bread crumbs should be grated over the top, a green leaf lying in the dish on which it is placed.

FRICASEED FOWL.

The bones that went from the table yesterday must be added to any broth you have in the house, or boil them in water with lemon peel, mace, salt, pepper, an onion, and a bunch of sweet herbs. Strain it into a stewpan with a little bit of butter and flour, boil it up and add cream enough to reduce it to a proper gravy thickness. The fowl must only be warmed through in the gravy before the cream is added, but not too much done. If any stuffing is left, make it into very small balls and serve up in the dish.

COLLEGE PUDDINGS.

5 oz. of bread, 5 oz. of suet, 5 oz. of sugar, 5 eggs, 5 oz. of currants, 5 oz. of apples, a little nutmeg, and 1 glass of brandy. To be boiled in cups or fried in butter, or baked in patty pans.

No. 15.**BATTER PUDDING—ROAST LEG OF MUTTON—ONION
SAUCE—WINDSOR BEANS.****BOILED BATTER PUDDING.**

When made plain is usually served before the joint with dripping, but with currants which appear at the top of the pudding, called black cap, and accompanied with sweet sauce, it forms an after dish.

Beat three eggs well with a little salt, add 4 oz. of flour, beat it into a smooth batter, and add gradually half a pint of milk. Butter a basin or mould, put in the pudding, tie a pudding cloth previously dipped in boiling water, squeezed dry and floured, tightly over the top, and keep it steadily boiling 1½ hour. It will require stirring in the saucepan occasionally to keep it from burning.

DRIPPING FROM A ROAST JOINT.

Let the joint become nicely brown, then sprinkle salt over it, and continue to dredge it with flour gently, basting it off with the upper surface only of what has dropped from the meat into a Yorkshire pudding tin placed for the purpose in the dripping pan. This secures the best portion and preserves it from blacks.

ROAST LEG OF MUTTON—the same as roast beef.

ONION SAUCE.

Boil fine white onions an hour, till quite soft, then rub them through a cullender, add to them a little flour, and a small piece of butter, then boil them up, and stir in milk till of a proper consistency. Flavour with pepper and salt.

WINDSOR BEANS.

Boil them tender with a bunch of parsley, which can be removed or chopped to serve with them. Boiled pork is the usual accompaniment to this vegetable.

No. 16.

SUNDAY.**MOCK TURTLE.**

COLD MUTTON—DERBYSHIRE PUDDING.

MOCK TURTLE.

Have the skin on the head, take out the brains, and wash the head several times in cold water, then soak it for one hour—put it in a stew pan with cold water, skim it well, gently boil it for one hour. When nearly cold, cut it up, removing one-half to be dressed for dinner. In the liquor put—veal 2½ lbs., beef 2½ lbs., bones and trimming, skim it and cover close, let it boil for five hours, strain, and stand till next morning, when take off the fat. Put

in a stew pan, $\frac{1}{4}$ lb. mutton, 6 oz. onions sliced, 2 oz. green sage chopped, fry them one hour, and rub in $\frac{1}{4}$ lb. flour, and by degrees add the broth till as thick as cream, season it with $\frac{1}{2}$ a $\frac{1}{4}$ of an oz. allspice ground, $\frac{1}{4}$ oz. black pepper, salt, and half a lemon peel. Simmer very gently for one hour and half, then strain it through a sieve, put the head into it with $\frac{1}{2}$ pint of wine to a gallon of soup and one table spoon of cayenne and lemon juice, 1 do. catsup and 1 of anchovy. Let it simmer gently till the meat is done, and mind it does not stick to the pan.

BRAIN BALLS.

Boil the brains ten minutes, then put them into cold water, take savory or lemon thyme, nutmeg, pepper, salt, and pound them all together, first cutting the brains in pieces in size like a nutmeg, beat up an egg, dip them in, and roll them in this mixture. Again dip them in the egg, and then in fine bread crumbs, and fry them for a side dish.

FORCEMEAT BALLS.

Mince $\frac{1}{4}$ lb. beef suet, $\frac{1}{4}$ lb. of bread crumbs, parsley, sweet marjoram, lemon peel grated, a little onion chopped very fine, pepper, and salt, Pound all together with the yolk and white of two eggs, make into balls, flour and fry them.

DERBYSHIRE PUDDING.

To two table spoonfuls of flour mix gradually 1 pint of milk, boil it till it is thick, set it by till cold, then add 6 oz. of fresh butter, melted; $\frac{1}{4}$ lb. of fine sugar, a little salt, the rind of half a lemon grated, bitter almonds beaten fine, the yolks of 5 and whites of 3 eggs. Put a paste round the dish, bake it, and serve it cold with currant jelly on the top.

No. 17.

**HASHED CALF'S HEAD—PHEASANT—APPLE CHARLOTTE.
BREAD SAUCE—GRAVY.****HASHED CALF'S HEAD.**

Off the head that was left cut some square pieces free from gristle, slice the tongue ready to warm up with it. Take some of the liquor in which it was boiled and add the trimmings, lemon peel, onion, mace, and sweet herbs; boil it gently for 1 hour, and then strain it. Add a tablespoon of flour to the brains, with any parsley and butter that was left, and boil it all together a few minutes, then flavour with catsup, and warm the meat up in it. Fry some small forcemeat balls and add to it, standing up some curled slices of bacon in the dish. A skewer must be put through the bacon while cooking to keep it curled. Garnish with lemon.

PHEASANT

Comes into season on the 1st of October. A pheasant is trussed like a fowl, and requires a clear fire; it must be basted and frothed with butter, and takes about half an hour to roast. The inside must be wiped dry before cooking.

BREAD SAUCE.

Put a tea cup of stale bread crumbs into a stew pan, with a small onion, pepper, mace, and as much milk as they will soak up; let it boil, stir it well, and then let it simmer until stiff, when remove the pepper and onion, and reduce it to a proper consistency by milk or cream; or

RICE SAUCE

Is often served up instead, rice taking the place of the bread crumbs rubbed through a sieve.

GRAVY—BEANS AND POTATOES.

APPLE CHARLOTTE.

Pare and pulp apples, boil them with lemon peel and clove, remove the spice, and beat them up with sugar. Make a crust with suet, butter a tin, put the crust all round and at the bottom ; put in the fruit, cover with crust, and bake. Turn it out of the tin when sent to table.

No. 18.

**MACKEREL—MUTTON CUTLETS—JAM PUDDING—
MASHED POTATOES.**

MACKEREL.

Mackerel is in season from April to October ; the early and late fish are best. At the sea side, when this fish is cooked immediately it is caught, it is very superior to those that are brought inland ; they very quickly spoil by keeping. The fish must be well washed, put into cold salt and water, and simmered, or very slowly boiled for about 15 or 20 minutes, according to size ; remove them instantly from the water.

MACKEREL BROILED.

Well clean, wipe dry, and split the fish down the back ; lay it on a gridiron over a clear but slow fire ; do not let it burn, but turn it when done on one side, until both sides are done equally. Moisten the inside of the fish with a piece of cold butter, and sprinkle it with pepper and salt. Fennel sauce and gooseberry sauce are the usual accompaniments, but as fennel is sometimes objectionable, it is better to garnish the dish with pats of boiled fennel minced. Mackerel left from table may be peppered and put in a pie dish, covered with vinegar and simmered.

GOOSEBERRY SAUCE.

Scald $\frac{1}{2}$ a pint of green gooseberries, well topped and tailed, beat them up after draining on a sieve, and mix them with $\frac{1}{2}$ pint of melted butter. Grated ginger or lemon peel can be added.

MUTTON CUTLETS.

Cutlets are taken from the neck, and must be uniform in size, and laid in a circle round the dish. They require frying a very light brown, and when just done, must have tomato sauce carefully poured over each, to be absorbed by the last act of frying. Tomato sauce is also to be heated and served in the centre of the dish.

Mutton cutlets are frequently sent to table with spinach or French beans in the centre of the dish, instead of tomato sauce.

JAM PUDDING.

Crust for boiled puddings is made with 1lb. flour to 10 oz. of very finely shred suet, wetted and rolled till quite smooth. When this crust is to be used for preserve, it must be rolled out thin, and the jam spread regularly over it; roll it up, and tie it in a floured netted cloth tightly at both ends. This pudding is equally good baked. Beef suet is the best; the cook should carefully extract any kernels or moist particles from it; shred it, and either flour or salt it, and if thus carefully attended to when fresh, it will keep for some days. Nothing sooner spoils by neglect, or is more objectionable when not perfectly sweet.

MASHED POTATOES TO BE SENT TO TABLE WITHOUT PRESSING DOWN.

Select the whitest and purest; put them on in cold water; when they begin to crack, strain the water from

them, and put them into a clean stew pan by the side of the fire, till they are quite dry and fall to pieces; rub them through a wire sieve on to the dish, and leave them as they fall.

No. 19.

VEAL—CHEEK—BREAD PUDDING—SWEET SAUCE.

VEAL.

The fillet is a large joint, usually stuffed. The loin can be cut to any size—either the chump end, which is lean, or the kidney end, which is fat—the kidney being usually sent to table on a toast as a side dish; with both of these forcemeat balls are served. The breast is esteemed by some, and may be boned, and rolled with a layer of forcemeat inside. Boiled veal is very insipid. Roasted veal, when sent to table, is garnished with lemon, parsley, and melted butter poured over. When forcemeat is sent up in balls they must be made a moderate size and fried.

CHEEK.

This is a very agreeable accompaniment to dry meats, and can be bought ready pickled or prepared at home the same as tongues, and smoke dried. Cheek is sent up to table on a green leaf, and rasped bread crumbs sprinkled over the surface.

GREENS.

BREAD PUDDING BOILED.

Put 5 oz. of grated bread crumbs in a basin, and pour $\frac{3}{4}$ pint of boiling milk over them, cover them up for 20 minutes, then beat them quite smooth with 2 oz. of powdered sugar, and a little nutmeg. Break 3 eggs, leaving out one white, beat them and stir them into the pudding.

Well butter and flour a mould, tie a cloth over it, and boil 1 hour. Currants can be added, and

SWEET SAUCE.

The yolks of 2 eggs, well beaten with 2 tablespoons of water or cream. Sugar and orange wine to taste. Put it into a saucepan and just boil it up.

Sweet sauce is frequently made with arrowroot, and flavoured with wine or brandy sweetened. This looks clear and delicate, but is not as palatable.

Sweet sauce, plain, is simply made with butter melted in milk, sweetened, and a little wine and nutmeg added.

No. 20.

STEWED EELS—PARTRIDGES—OLIVES.

GROUND RICE PUDDING—ITALIAN CREAM.

STEWED EELS.

3 lbs. of middle-sized eels, skin and wash them clean, cut them into pieces of $2\frac{1}{2}$ inches long; then put them into strong salt and water for an hour, dry them well with a cloth, and fry them brown. Take 2lbs. of gravy beef, draw it well, then put to it $1\frac{1}{2}$ pint of boiling water, with the heads and tails of the eels, and an onion. Stew the gravy well for 2 hours, strain it and add $\frac{1}{2}$ pint of port wine, $\frac{1}{4}$ teaspoonful of cayenne pepper, a little mace, 2 teaspoonfuls of salt, ditto of anchovy essence, and the juice of a lemon; stew all together for $\frac{1}{2}$ an hour.

PARTRIDGES

Are in season on Sept. 1. These are cleaned and trussed as pheasants, and require almost as long to cook. The accompaniments are the same.

OLIVES.

A slice of veal, either undressed or underdone; spread a layer of forcemeat upon it; then a layer of minced ham, roll it round and tie it, either stew or fry them when cut into lengths of about two inches. Serve as a side dish.

POTATOES AND BROCCOLI.**GROUND RICE PUDDING.**

This may be made as tapioca pudding, but for common use with fewer eggs.

ITALIAN CREAM.

1 oz. isinglass dissolved in water, just sufficient to cover it, 2 spoonfuls of raspberry jam or jelly rubbed through a sieve into $\frac{3}{4}$ pint of cream, the juice of 1 lemon, and a little sugar, whip all together till nearly set, and then put it into a shape.

No. 21.

STEWED RUMP STEAK—ROAST PIGEONS—GOOSEBERRY PIE—BAKED CUSTARD—EVERLASTING CHEESECAKES.

STEWED RUMP STEAKS.

Put the rumpsteaks into a frying pan, and draw out the gravy without water; then dredge them with flour, season them, and add an onion. Put them into the saucepan with a teacup of boiling water. Let them simmer for $\frac{3}{4}$ of an hour; just before they are done, add a little cayenne pepper, and essence of anchovies, or catsup, according to taste. Send to table, garnished with horseradish.

ROAST PIGEONS.

Pigeons should be cooked very fresh, and stuffed with the following:—Chop green parsley very fine, the liver and a

piece of butter, with pepper and salt, or, if preferred, stuff them with common forcemeat. From 20 to 25 minutes will roast them. Garnish with crisp parsley and fried bread crumbs.

GRAVY—CARROTS AND POTATOES—GOOSEBERRY PIE.

BAKED CUSTARD.

Boil 1 pint of cream, and half a pint of milk, with mace, cinnamon, a lemon peel, and bay or laurel leaves. When cold, mix the yolks of 3 well beaten eggs, sweetened to taste.

EVERLASTING CHEESE CAKES.

To $\frac{1}{4}$ lb. of butter and $\frac{1}{2}$ lb. of sifted loaf sugar, the yolks of 6 eggs, the rinds of 2 lemons, and juice of 3, add a little grated biscuit. Put it into a pan, and simmer until the sugar is dissolved, and it thickens like honey. Bake it in a tart dish with paste around, or in patty pans. A most useful reserve for emergency, as when well made and placed in a close jar it will keep for some months.

No. 22.

IRISH STEW—HARE—JELLY—GRAVY—LEMON PUDDING.

IRISH STEW.

Fresh meat is of course very superior to that which has been cooked; either the neck or loin can be used. Prepare potatoes and onions, by peeling and slicing one quarter of the latter to three of the former; place a layer of potatoes at the bottom of the stew pan, pepper and salt them, then a layer of meat, with the onion over, repeated till the quantity is used. Add a little gravy, flavoured with cat-sup. Cover the pan up close, and let it stew very gently till done.

2lbs. chops, 2lbs. potatoes, $\frac{1}{2}$ lb. onions will require about $1\frac{1}{2}$ hour.

ROAST HARE.

Hare is in season from September to March. A hare to be kept good must be wiped quite dry inside, and peppered. The liver both of fish and animals quickly spoils; it is always requisite, therefore, to remove this as early as possible, and preserve it till required, by par-boiling.

An ordinary sized hare will require roasting $1\frac{1}{2}$ hour before a clear but not fierce fire. It cannot be basted too much. When the hare is skinned and washed, lay it in a pan of cold water four or five hours. Cut the neck skin that the blood may run out, and change the water several times. Dry it in a clean cloth; sew up stuffing in the inside and truss it. The same forcemeat may be used as for veal, adding the liver minced with it. It must be basted first with good dripping, and lastly with butter, flouring the hare to froth it before serving.

Some recommend wiping and not soaking; others, mend basting with milk, or beer, and not with dripping. Dr. Kitchener prefers the latter.

GRAVY—COLD JELLY, OR JELLY WARMED AND

MIXED WITH A GLASS OF PORT WINE.

FRENCH BEANS AND POTATOES.

LEMON PUDDING.

The juice and peel of 3 lemons grated, 1lb. of loaf sugar, 8 eggs, 4 whites, 2 oz. of butter melted, 2 oz. bread crumbs, a wine glass of white wine; place a crust round the dish and bake it.

No. 23.
SUNDAY.

**RUMP STEAK PIE—HASHED HARE—SMALL TARTS.
BAKED CUSTARDS—JELLY.**

RUMP STEAK PIE.

Trim 3lbs. of rump steak, divide it into square pieces, and beat with a chopper. Cut very fine six eschallots or a little onion, and strew it with pepper and salt at the bottom of the dish, then a layer of steak, and another sprinkle of the flavoring until the dish is full. A little curry powder may be added, if fancied. Moisten it with gravy flavored with catsup and bake it two hours. To meat pies 1lb. flour to $\frac{1}{2}$ lb. butter is used, and the crust is put round the inside of the dish half-way down, many people approving of this under crust; the upper crust is always rolled out thicker than for fruit tarts, and a hole should be left in the centre through which a funnel can be inserted to pour in additional gravy before sending to table. To give the crust a polished appearance it must be brushed over with yolk of egg with a paste brush. Meat pies should be ornamented. This can be eaten hot or cold.

HASHED HARE.

When the hare was removed the previous day from table it could be immediately prepared for hashing by being cut up into joints, the forcemeat taken out and made into balls, or fresh balls made, if requisite, and fried. The whole to be warmed up in the gravy and garnished with triangular sippets.

BAKED CUSTARDS.

Boil 1 pint of cream, $\frac{1}{2}$ pint of milk with mace, cinna-

mon, lemon peel, and bay or laurel leaves ; when cold mix the yolks of 3 well-beaten eggs and sweeten to taste. To be baked in a crust round the dish or in small cups. If milk alone is used more eggs will be required.

JELLY.

Soak an oz. of gelatine in $\frac{1}{2}$ pint of cold water, rub the rind of 1 large or 2 small lemons with ~~an~~ ⁶ oz. of loaf sugar, then pare the rind off thin, and add it with the juice, and $\frac{1}{2}$ pint of boiling water to the gelatine ; stir it until the gelatine is dissolved, then put $\frac{1}{2}$ pint of raisin wine and the same of Cape or Sherry. Beat the white and shell of an egg to a froth, and stir it well into the wine ; put it on the fire, *but do not stir it*, let it boil three minutes, then take it off the fire, and let it stand 5 minutes before passing it through a flannel bag.

No. 24.

QUARTER OF LAMB—MINT SAUCE.

MONTMORENCY PUDDING—PEAS—SALAD.

QUARTER OF LAMB

Is in season from Easter to Sept. Lamb is considered a rarity at Christmas, and having been brought up in-doors instead of in the pasture, is called house lamb. The trouble makes it expensive. Grass lamb comes into season at Easter and is the Easter Sunday's dinner. The fore quarter is always a 1d. per lb. dearer than the hind quarter, and is more delicate ; the sweetbread should be sent with it from the butcher, and makes a tit-bit for breakfast. The milt should be removed by the cook. Lamb must be attentively cooked and well done. A fore quarter of 10lbs. will take 2 hours. The servant must be prepared with an extra dish

for the shoulder, and near the carver must be either a Seville orange or lemon, butter, pepper, and salt. When the shoulder is separated from the ribs these must be sprinkled over, and the shoulder replaced for a few minutes to dissolve the butter. This can be done before sending to table.

SALAD—PEAS.

MINT SAUCE.

Green mint, chopped fine, and put into vinegar, well and thoroughly sweetened.

MONTMORENCY PUDDING.

2 oz. of boiled potatoes, 2 oz. butter, with the yolks and whites of 2 eggs, $\frac{1}{4}$ pint of cream, 1 spoonful of white wine, 1 jot of salt, the juice and rind of a lemon. Beat all to a froth, sugar to taste; bake it with or without a crust. To make it richer put 3 oz. more butter, 1 more egg, sweet-meats, and almonds.

No. 25.

BROILED SALMON—COLD LAMB—CUCUMBER.

RAMSGATE PUDDING.

BROILED SALMON.

Clean the fish, and cut it into slices about $1\frac{1}{2}$ inch thick, thoroughly dry it in a cloth, rub it over with sweet oil, and salt it. Put the gridiron over a clear fire at some distance until hot, then wipe it clean, and grease it with sweet oil or lard. Place the salmon on it, when done on one side gently turn and broil on the other, or the fish can be cooked in an oven.

Melted butter, either plain, or mixed with cayenne pepper, lemon, and anchovy sauce, or caper sauce is served as an accompaniment.

COLD LAMB—CUCUMBER.

RAMSGATE PUDDING.

$\frac{1}{4}$ lb. of bread crumbs, $\frac{1}{4}$ lb. of suet, $\frac{1}{4}$ lb. of currants, 3 eggs, $\frac{1}{4}$ lb. sugar, lemon peel, and nutmeg. Make them into 5 or 6 small cakes, fry them brown, and serve them up with sweet sauce.

No. 26.**NECK OF MUTTON—CAPER SAUCE.****GOOSE—APPLE SAUCE—PUNCH'S PUDDING.****NECK OF MUTTON.**

Put the best end of the neck, well jointed, and with the skin on into as much cold soft water as will cover it about two inches over; let it simmer very slowly for two hours; remove the skin before serving.

CAPER SAUCE—SPINACH—TURNIPS.**GOOSE**

Is in prime order from the middle of June to the beginning of September. Michaelmas is the general time for geese, and it is usually eaten on Michaelmas-day. Until a goose is about 4 months old it is called green. From $1\frac{1}{4}$ to $1\frac{3}{4}$ hours is the usual time for roasting an ordinary-sized bird, which must be well basted and frothed.

GRAVY—APPLE SAUCE.**STUFFING FOR A GOOSE.**

2 oz. onion, 1 oz. green sage, chopped very fine, 4 oz. stale bread crumbs, a piece of butter, salt, and pepper, incorporating the whole with 1 or 2 yolks of eggs, as necessary. Fill the goose with it, and tie it at both ends. The onions may be par-boiled before chopping if too strong.

PEAS—POTATONS.

PUNCH'S PUDDING.

Add sugar, lemon peel, cinnamon, and cloves, to 1 quart of cream, which boil $\frac{1}{2}$ of an hour. Take a large spoonful of flour with some butter, and stir it over the fire a short time, then gently add the cream ; well mix 6 eggs, a little brandy and white wine with the above, pour it into a mould, stuck round with dried cherries, and boil it ; serve up sweet sauce.

No. 27.**FIG—CURRANT SAUCE—BLENHEIM PUDDING.****A ROAST FIG.**

Pork is in season from Sept. to March ; a sucking pig should be about 3 weeks old when killed, and the sooner it is cooked afterwards the better it will be. It will take $1\frac{1}{2}$ hour to roast before a clear brisk fire, and great attention must be paid to baste it constantly, that it may not be burnt. Many persons bake a pig to prevent this trouble, when $\frac{1}{2}$ lb. of butter must be sent with it for basting. Care must be taken that the ends are more done than the middle, which is thinner, and the crackling must be crisp and brown. A little sweet oil or butter should be rubbed over the skin before cooking, and when it is dried in, dredge it well with flour all over, let it remain on an hour, then rub it off with a soft cloth ; it must not be put too near the fire.

STUFFING FOR FIG.

2 oz. sage, $1\frac{1}{2}$ oz. onion, 5 oz. bread crumbs fine, pepper, salt, and a piece of butter ; mix these together with an egg, and sew the stuffing up inside.

GRAVY FOR PIG

Is usually made from a leg of veal, cut into small slices, with some ham also cut small. Some of this should be mixed with the brains, chopped fine with boiled sage leaves. When the pig is roasted, the head is cut off and divided, the brains are taken out, and the body is split down the middle, and laid side to side in the dish, with half the head on either side. The toes are also cut off and laid in the dish neatly.

GRAVY FOR PIG, GAME, POULTRY, &c.

Put a slice of bacon or ham, a piece of butter, and onion sliced, into a stewpan, and place above them 1lb. of lean beef, beaten and scored. Cover the pan and set it on a slow fire till the meat begins to brown, then turn it about to prevent its burning. Pour over it 1½ pint of boiling water, let it boil, and skim it. Brown but not burn a crust of bread, and put it into the pan with herbs—lemon thyme, winter savory, parsley, lemon peel, allspice, and black pepper. Cover it close, and stew gently for 2 hours, then strain it. To thicken it when required put 1 oz. of butter into a stewpan, dredge into it as it melts as much flour as it will take up, stirring them well together; when well mixed pour in a little of the gravy; stir it well, adding the rest by degrees; let it simmer gently over the fire for ¼ of an hour, taking off the fat as it rises; when about as thick as cream strain it. Pounded liver, catsup, cayenne, lemon, port wine, or Tarragon vinegar, can be added to vary the above, and more particularly suit the dish with which it is intended to be served.

CURRANT SAUCE.

Currants boiled up with bread sauce are a usual accom-

paniment to pig. Some add a glass of port wine. Brown but not burn.

BLENHEIM PUDDING.

2 eggs, their weight in flour, the same in butter, ditto in white sugar; the butter to be beaten to a cream, then add the sugar, and stir all together, mix them till quite smooth; this will be sufficient to fill 4 or 5 cups. Served with sweet sauce.

No. 28.

WHITING—COLD PIG—MUTTON CHOPS *à la Maintenon*.
POTATOES *à la Française*—A FONDU.

WHITING.

Skin them and fasten the tail to the mouth, dry them, dip in egg, then in bread crumbs, as soles, and fry them in hot lard.

COLD PIG.

MUTTON CHOPS *à la Maintenon*.

Half fry loin chops, carefully trimmed, and while hot, dip them in prepared crumbs, herbs and seasoning. Butter pieces of writing paper, and secure the chops separately in them, rubbing butter on the outside to prevent burning. Finish cooking on the gridiron, and send to table without opening.

MELTED BUTTER.

POTATOES *à la Française*.

Boil the potatoes in water, and peel them, cut them in slices, and then put them into a stewpan, with fresh butter, parsley, and small onions chopped, salt, pepper, and a dash of vinegar; warm them through, and send them to table. If too small, they will not require slicing.

A FONDU.

$\frac{1}{2}$ lb. good Cheshire cheese, $\frac{1}{2}$ pinch of salt boiled in new milk till quite soft, 2 oz. of good butter, the yolks of 3 eggs, mix them all well together, the whites beaten to a froth, and pour over just before putting into the Dutch oven, where it is to remain 20 minutes. Bake it on a piece of paper, and send it to table very hot.

N^o. 29.

ROLLED RIBS OF BEEF—PLUM PUDDING.

GREENS—MASHED POTATOES.

ROLLED RIBS OF BEEF.

The three best ribs make a large joint ; if the beef is large, two best ribs may be sufficient. The butcher will bone them, and the cook must skewer and tape it well, and firm, passing a silver skewer through it for table.

GREENS.

POTATOES MASHED

Pressed into the vegetable dish, and placed under the meat, to brown and be moistened with the dripping.

PLUM PUDDING.

7 eggs, well beaten, 1 lb. of best jar raisins, $\frac{3}{4}$ lb. of bread crumbs, $\frac{1}{2}$ lb. of beef suet, 1 nutmeg, 1 large glass of brandy, 2 oz. of almonds, a little salt. Boil it quite 5 hours, mix it over night ; a few currants may be added.

No. 30.

SUNDAY.

CARROT SOUP—COLD BEEF—RHUBARB TART—CREAM.
SPANISH CREAM.

CARROT SOUP.

Make a stock with the bones from the beef, and any other bones or trimmings that may be left in the week, flavoured with vegetables, as named in ox tail soup. Boil carrots in the stock, and when done, rub them through a cullender, and thicken the carrot with flour, adding the stock gradually till all is amalgamated, seasoning with cayenne and salt. The stock must be made from meat if no bones occur. Pea soup is made as above, substituting well soaked and boiled peas for the carrots.

COLD BEEF—PICKLES.

RHUBARB TART AND CREAM.

SPANISH CREAM.

Chop the rind of a large lemon finely, and squeeze the juice into a jug; boil 1 pint of cream with $\frac{1}{2}$ lb. loaf sugar, when cool, mix it with the water, in which you have previously dissolved $\frac{3}{4}$ oz. of isinglass, stir it *all one way* into the jug until it is nearly cold, then put it into a shape.

No. 31.

STEWED SOLES—SADDLE OF MUTTON—JELLY.

CHEESE *à la Mode*.

STEWED SOLES.

SOLES CUT INTO FILLETS, AND COOKED AS STEWED EELS.

SADDLE OF MUTTON, OR CHINE.

This is a large joint, and not an economical one. It requires very careful attention, and the outside must be

protected from the fire, either by placing the skin over it or thin greased paper, or a thin paste of flour and water. Either must be removed half an hour before the joint is done, which will then require basting and flouring lightly. A butcher will trim the joint, which reduces it in size, but the trimmings make the gravy to be served with it. A saddle is the two loins cut together, and should be hung till tender. This is a more elegant joint than a haunch, which is the leg and part of the loin cut together. Both require the same cooking and accompaniments. The latter sent up with a paper frill round the knuckle.

CURRENT JELLY, WARMED AND COLD.
GRAVY.

CHEESE à la Mode.

The yolks of 3 eggs, the crumbs of 1 stale penny loaf, and some cheese grated, with sufficient cream to moisten it. Add mustard and cayenne, mix them all together, and put into a slow oven to brown.

No. 32.

BOILED LEG OF PORK—PEAS' PUDDING—PARSNIPS.

FRENCH PIE—QUEEN MAB'S PUDDING.

LEMON DUMPLINGS.

BOILED LEG OF PORK.

Pork requires long and gentle boiling ; a leg of 7lbs. will require 3½ hours. All meat that has been long salted requires soaking. Wash and scrape clean and free from salt before cooking ; skim the boiler often, but if necessary gently scrape the joint when taken up. A leg of pork will require 8 or 10 days salting, and to be turned daily.

PEAS' PUDDING.

Soak the peas over night, tie them loosely in a cloth, boil them slowly in cold water till tender; rub them through a sieve, adding butter, pepper, and salt, (an egg is an improvement); beat them well together, tie them up tightly in a floured cloth, and boil the pudding 1 hour.

PARSNIPS are cooked as carrots.

FRENCH PIE.

Take some underdone slices of the mutton, and place them in layers in a pie dish, seasoning each layer with pepper, salt, very little chopped onion, and a little mashed potatoe. When the dish is full, add some of the gravy which ran from the meat, and cover it entirely with a thick crust of mashed potatoes, brush over yolk of egg, and bake it, adding some gravy left from the saddle, if required, before serving.

QUEEN MAB'S PUDDING.

Grate $\frac{1}{2}$ lb. carrots after being well washed, pared and boiled; add to them $\frac{1}{2}$ lb. of clarified butter, 4 eggs well beaten, sugar and brandy to taste; bake it in a puff paste. A little candied peel may be added for a change.

LEMON DUMPLINGS.

$\frac{1}{2}$ lb. grated bread, $\frac{1}{2}$ lb. suet chopped fine, $\frac{1}{2}$ lb. moist sugar, 1 egg, and the juice of 1 lemon with the peel, boil them in tea cups $\frac{3}{4}$ of an hour, turn them into a dish, strew white sugar over them, and sweet sauce can be added.

No. 33.

**PEA SOUP—ROAST RABBITS—ALBERT PUDDING.
WHIPS.**

PEA SOUP.

Add to any stock ready made some of the liquor in which

the leg of pork was boiled (if not too salt); boil it up with the peas pudding left, and well mixed, and you have pea soup.

ROAST RABBITS.

From 30 to 40 minutes are required for a rabbit; it must be basted with butter and lightly dredged with flour. If stuffed the same forcemeat as for hare, and the same gravy may be used, or butter served with the liver and parsley boiled and chopped together in it.

ALBERT PUDDING.

$\frac{1}{2}$ lb. of ratifia cakes, 6 sponge cakes broken into small pieces, 3 glasses of white wine, raspberry jam, $\frac{1}{4}$ lb. of sweet chopped almonds, 1 pint of rich custard, 1 pint of cream, with sugar rubbed on lemon; baked in a slow oven.

WHIPS.

1 pint of thick cream, $\frac{1}{2}$ pint Sherry, 1 glass of brandy, $\frac{1}{2}$ lb. of white sugar pounded, 1 lemon, 1 nutmeg. Whisk all together for 10 minutes, fill the glasses, and let them stand all night.

No. 34.

BOILED FOWLS—STEWED CELERY—HAM—CLARENCE PUDDING—LEMON CHEESE CAKES.

BOILED FOWLS.

Soak the fowls in skim milk for 2 hours, flour them and tie them in a cloth, set them over a slow fire in cold water, let them simmer, well covered up; skim the water and let them gently boil for 20 minutes; set them by the side of the fire, and the steam will finish them. Some people prefer flouring them only, and putting them into boiling water.

The accompaniments to boiled fowls may be varied, as

MUSHROOM SAUCE, OYSTER SAUCE, OR

WHITE SAUCE.

Cut veal and ham into small squares, melt a little butter in a stewpan, and let them simmer together, being very careful they do not burn. Judge when it is ready to catch, and then add three table spoons of flour. When mixed pour in gradually some ready-made broth, stew gently by the fire with cloves, mace, pepper, onions, mushrooms, and herbs, for 2 hours ; skim, strain, and add a little cream.

STEWED CELERY.

Wash and strip off the leaves, divide and cut into lengths of 4 inches. Put the pieces in the stewpan with weak white gravy or broth, stew till tender ; add two spoonfuls of cream, flour, and butter, seasoned with pepper, salt, and nutmeg. Simmer all together.

HAM.

A ham must be soaked in cold water some hours before boiling, the rusty parts scraped off. It must be put in plenty of cold water, and heated very gradually, well skimming the water. A ham of 15lbs. will require 4 or 5 hours gentle simmering. When done, remove the skin carefully, and grate some bread crumbs over it.

CLARENCE PUDDING.

For a pint basin take a tea cup full of stale crumbs, $\frac{3}{4}$ of a pint of milk, boil it with a slice of butter, and sweeten it with lump sugar, yolk of 5 eggs, some lemon, a glass of brandy, mix them together, butter a basin, place $\frac{1}{4}$ lb. of plums round it as you please. Boil the pudding an hour, and serve it with wine sauce.

LEMON CHEESE CAKES.

$\frac{1}{4}$ lb. of butter clarified, $\frac{1}{4}$ lb. of pounded sugar, 5 eggs, 3 whites, and 2 lemons, the peel grated.

COD'S HEAD AND SHOULDERS

Salted over night and served with egg sauce, make a mild salt fish, and far more wholesome than that sold as salt fish.

No. 35.

COD'S HEAD.

WHITE SOUP—HAUNCH OF MUTTON—GERMAN PUFFS.

ORANGE JELLY.

WHITE SOUP.

Boil some veal with 4 large onions, mace, and nutmeg, to a strong jelly, strain it, and add 2 laurel leaves, 1 quart of cream, with flour and butter, and boil it up with some vermicelli.

HAUNCH OF MUTTON—See Saddle, No. 31.

GERMAN PUFFS.

2 eggs, well beaten; 2 table spoonfuls of flour, a little salt, $\frac{1}{2}$ pint of milk, sugar to taste, and nutmeg, 2 oz. of butter, melted before the fire. Mix all well together, put into cups, and bake in a quick oven.

ORANGE JELLY.

Grate the rind of 2 oranges and 1 lemon, the juice of 9 oranges and 4 lemons, mix the juice with the rinds, boil $\frac{1}{2}$ lb. of sugar in $\frac{1}{2}$ pint of water to syrup; when cold put in the juice, boil or dissolve 2 oz. of isinglass in $\frac{1}{2}$ pint of water, strain it. When nearly cold mix it with the fruit and sugar, and pour it into the mould.

No. 36.

SUNDAY.

OYSTER SOUP—COLD MUTTON—HONEYCOMB CREAM.

ALMOND CHEESECAKES.

OYSTER SOUP.

Let the cook save the liquor in which the fish was boiled, adding to it the bones and pickings of the cod, with 1½ lb. of veal, to make a good stock; boil for a few minutes 4 dozen oysters in their own liquor, then pound them, and add to the soup also the yolks of 4 hard boiled eggs, gradually mixed with a little of the soup. According to the thickness you wish the soup, add butter and flour braided together with cream. Season it all with salt, pepper, and nutmeg, and when it is made hot for table, add another 4 dozen oysters to send up in it.

COLD MUTTON.

HONEYCOMB CREAM.

Put into a glass dish or china bowl, the juice of 2 lemons, 1 glass of sherry, half of brandy, and two large table spoonfuls of powdered sugar, grate a little nutmeg over, put a quart of cream in a saucepan with a piece of lemon peel, and about 8 lumps of sugar, let it boil about 10 minutes, then pour it into a jug, place the dish with lemon juice, &c. in it on the floor, and from a chair pour the heated cream on the other ingredients, from as great a height as you conveniently can. It should be made the day before it is required for the table.

ALMOND CHEESECAKES.

4 oz. of sweet almonds and a few bitter, with a spoonful of water, 4 oz. loaf sugar, a spoonful of cream, and the

whites of 2 eggs, well beaten to a froth, mix all together, bake them in a warm oven 20 minutes, to be eaten either hot or cold.

No. 37.

BACHELOR'S BUTTONS—WILD FOWL—SHARP SAUCE.

JOAN OF ARC PUDDING—LEMON SPONGE.

BACHELOR'S BUTTONS.

Chop cold meat fine, (if veal or chicken, add ham or bacon,) with parsley and thyme well seasoned, mix them well together with egg, and make them into small balls and fry them ; serve with gravy.

WILD FOWL

Are in season during the frosty weather, and consist of widgeon, teal, snipe, woodcock, grouse, moor game, black cock, ducks. The smaller kind are preferred by epicures when long hung. Widgeon are very delicate, and about 1s. 6d. each. All are cooked nearly alike, but woodcocks and snipes have toast put into the dripping pan to absorb what drops from the inside, which is considered a delicacy.

Wild fowl should not be overdone ; 15 or 20 minutes are sufficient for those who prefer them underdone ; the fire should be clear and sharp, and the spit hot before it is passed through. Well baste and froth with flour.

GRAVY.

SHARP SAUCE FOR WILD FOWL.

2 glasses of port wine, 1 glass of walnut catsup. Sour cider or vinegar to taste.

ANOTHER SHARP SAUCE

Is made by squeezing a lemon and adding cayenne and

mustard to it. To be handed in a boat, a spoonful or two being sufficient.

JOAN OF ARC PUDDING.

6 eggs, well beaten; boil $\frac{3}{4}$ of an hour 1 pint of milk, and pour it boiling upon sufficient flour to make it a stiff paste. When cold, well stir in the eggs, sugar, and nutmeg to taste; boil in mould $1\frac{1}{2}$ hour, and serve with sweet sauce.

LEMON SPONGE.

1 oz. of isinglass in 1 pint of water, strain and squeeze the juice of 3 lemons, $\frac{3}{4}$ lb. of loaf sugar, the rind of 2 lemons, pared thin. Boil all together for 10 minutes, strain and let it stand till cold and set. Whisk it and add the whites of 2 eggs, well beaten. In 10 minutes it will become the consistence of sponge. Wet a quart mould, and put it in directly.

No. 38.

TURKEY—BREAD SAUCE—SAUSAGES—SUTHERLAND PUDDING—JAUNE MANGE.

TURKEY

Is in season at Christmas; the male bird is best for roasting, the hen for boiling. A full-sized bird will require about 3 hours to roast, and it must be dredged with flour when first put down, basting it with butter which has slowly dissolved in the ladle. Do not put it too near the fire at first, and when nearly done dredge it again lightly with flour, and baste it with a fresh piece of butter, which is purer than what has been used before. If sent to table in a chain of

sausages it must be stuffed with common forcemeat. If not, with sausage meat.

GRAVY—BREAD SAUCE.

A boiled turkey has oyster sauce served with it.

Fry the sausages sent to table with a turkey.

Sausages are better fresh made, and must be very gradually warmed through or they will burst. To do this, put them in a frying pan with butter or dripping before it is quite hot over a slow fire; shake the pan and keep turning the sausages, lay them on a sieve before the fire for a few minutes to dry.

When sausages are used alone as a dish, they may be placed round a pyramid of mashed potatoes, or laid on toast fried in the pan.

CHEERY STEWED—POTATOES—TONGUE, HAM, OR CHEEK.

THE SUTHERLAND PUDDING.

Beat 8 eggs, put them into a stewpan, with $\frac{1}{2}$ lb. of sifted sugar, $\frac{1}{2}$ lb. butter, 2 oz. candied peel, and some nutmeg. Place it over the fire, and stir till it thickens. Put a puff paste round the edge of the dish, and when the pudding is cool pour it in and bake it in a slow oven.

. JAUNE MANGE.

Dissolve $1\frac{1}{2}$ oz. of gelatine in 1 pint of boiling water; when cold put it in a saucepan with the yolks of 8 eggs, well beaten; a pint of white wine, $\frac{1}{2}$ lb. loaf sugar, pounded; the juice of 1 lemon, and half the peel; let it simmer 5 minutes, keeping it stirred all the time. Strain it through muslin.

No. 39.

TURBOT—ROAST LAMB—CUSTARD PUDDING.

LEMON CREAMS.

TURBOT

Is in season throughout the summer. Into a turbot kettle put cold water, with a handful of salt; take the fish which has been soaking for an hour in cold salt and water, and slightly score the skin across the back, put it on the strainer into the kettle, and skim the water when it just begins to boil. Remove the kettle to the side of the fire, and keep it gently boiling, 20 minutes will be sufficient time for a fish of 9 lbs. Fillets of sole or smelts are sent up as a garnish round the fish. Crimped parsley, lemon slices, and horseradish round the dish. The top of the fish should be sprinkled with the red berry from the lobster, or the lobster coral rubbed through a sieve.

LOBSTER SAUCE, OR SHRIMP SAUCE.

LOBSTER SAUCE.

Pound the spawn and two Anchovies, moisten them into a cream with a little gravy, strain it into melted butter. Add the lobster cut up small, just boil it up, and add a little lemon juice.

ROAST LAMB.

The loin, shoulder, or ribs, are used for roasting, according to the size required.

CUSTARD PUDDING.

1 pint of milk, 4 eggs, $\frac{1}{2}$ glass of brandy, nutmeg, sugar, bay leaf, or lemon peel; to be boiled in a mould 20 minutes.

LEMON CREAMS, MADE AFTER JAUNE MANGE.

1lb. loaf sugar, the peel and juice of 3 lemons, rubbing the essence off with sugar, put them in 1 pint of cold water to soak 1 night; beat the whites of 7, and yolks of 2 eggs well, and mix in the morning; add 1 teaspoonful of arrow-root or flour, simmer it till it thickens.

No. 40.**GREEN PEA SOUP—JUGGED HARE—LOBSTER SALAD.****SPANISH PUDDING—THE PORTICAL PUDDING.****GREEN PEA SOUP.**

1 quart of rather old peas to 3 quarts of water, in which the bruised husks have been well washed, 3 or 4 lettuces, an equal quantity of onions fried in butter, mint, thyme, and parsley; let it stew several hours, then strain and rub the pulp through a hair sieve. Add a few lumps of sugar, cayenne, and some young peas, previously boiled with a little butter, and flour to give it a smoothness.

JUGGED HARE.

Cut it into convenient sized pieces, put it into a jar with 1 lb. of rump steak, 1 good sized onion stuck full of cloves and whole pepper. When nearly done mix some flour and water to thicken the gravy, adding 1 glass of port wine or $\frac{1}{2}$ pint of porter, and stew gently altogether for $\frac{1}{2}$ of an hour. Force meat balls are sent up in the dish. The steak can be removed or served up, as preferred.

CURRENT JELLY—POTATOES—ARTICHOKES.

LOBSTER SALAD.

This is a dish served most ornamentally from the confectioners, and now called Italian salad ; usually charged 7s. 6d. To make a plain one for general use, cut up the heart of lettuce fine, and prepare the salad mixture, having 2 extra eggs boiled hard ; braid the inside of the lobster with the yolks, and mix it with the above and cream, cutting the white of egg in varied pieces, and adding the lobster also cut up.

SPANISH PUDDING.

$\frac{1}{2}$ pint of cream, 1 spoonful of flour, mixed with the yolks of 3 eggs, put it into cups and slice into it 2 oz. of citron, cut thin. Bake them and turn out in a dish.

POETICAL PUDDING.

If you'd have a good pudding
 Pray mind what you're taught,
 Take 2 pennyworth of eggs,
 When they're 12 to a groat ;
 Take of the same part that Eve did once cozen,
 Well pared and well chopped at least $\frac{1}{2}$ a dozen ;
 6 oz. of bread, let the maid cut the crust,
 The crumb must be grated as small as the dust ;
 6 oz. of currants from the stove you must sort,
 Lest they break out your teeth and spoil all the sport ;
 5 oz. of sugar won't make it too sweet ;
 Some salt and some nutmeg will make it complete ;
 Let it boil quite three hours
 Without hurry or flutter,
 And then dish it up with good melted butter.

SIDE DISHES.



In ordering a dinner at which you desire rather more style than usual, entremets, or small dainties are introduced; these, like all other dishes, vary according to the season, and a selection of two or four must be made, varying with circumstances.

RISsoles.

Chop chicken, or white meat that has been dressed very small, adding lemon peel, mace, pepper and salt; mix all together with a little butter and cream, into small balls or rolls, yolk of egg, and bread crumbs must form an outer paste; fry them lightly, and garnish with crimped parsley.

CROQUETS

Are similarly made, but require the addition of a little herb. These are rolled into a wafer paste of flour and water, then fried; other cooked meats can be used, but do not look as delicate.

Rissoles of lobster, or any other fish, can be made in the same way, only strewing some fine bread crumbs among the meat. A little cayenne, or curry, will vary the flavour, and they can be made into pyramids, small balls, or rolls,

SWEETBREADS,

In whatever style they are finished, must first be par-boiled, and then put into cold water. If required white, they may be sliced and stewed for 20 minutes in well prepared veal gravy, thickened with flour, butter, and cream, and flavoured with salt, lemon peel, nutmeg, pepper, and mushroom powder, all well stewed together and strained before the meat is added. If to be brown, the sweetbread must be cut into small pieces, floured and fried. Afterwards they must be simmered till tender in a good beef gravy, well seasoned and thickened.

CURRY.

Any meat that is well impregnated with the curry powder, is designated a curry; white meats are usually selected; fowl, rabbit, turkey, veal, &c.; sometimes the joints of the above are stewed in good gravy till nearly done, when the powder is well mixed with flour, butter and cream, which is added to the stew.

CURRIED RABBIT.

Cut up the rabbit, and roll each piece in a mixture of flour and curry powder; fry in butter some sliced onion, then add the rabbit, and fry it brown. Put it all into a stewpan, and pour enough boiling water or broth over to cover it. Let it simmer 2 or 3 hours, and if the gravy is too thick, dilute it a short time before it is finished. Curry is always garnished with an edging of rice.

DESSERT.

TO STEW PEARS.

To 3 lb. of pears, $\frac{2}{3}$ lb. of loaf sugar, $\frac{1}{2}$ pint of water, peel of 1 lemon, stew them gently till tender, and red; just before taking them out add a few cloves, the juice of a lemon, and the peel chopped. A little wine is an improvement.

TO PREPARE NORMANDY PIPPINS.

Soak them 12 hours in cold water, and let stand an hour after the water is poured off. Put them into a saucepan with $\frac{1}{2}$ lb. of sugar to 1 lb. of fruit, a few cloves, and a little lemon peel. Stew gently for 2 or 3 hours. A glass of wine.

GOOSEBERRY CAKES.

Pulp green gooseberries fit for bottling through a sieve, then take whites of egg, and the weight in loaf sugar, with a very little flour, and whisk it altogether, till light enough to drop on paper. Dry the drops in a very slow oven, and they will keep any time. About the size of a rock cake.

APPLE JELLY.

Pare, quarter, and core the apples; place them in a jar close covered in the oven. When soft, strain the juice. Put a little white of egg to it, add the sugar, skim it carefully before it boils. Reduce it to the proper consistency.

DAMSON CHEESE.

Put the fruit into a stone jar, and bake it in a slow oven till all the juice is extracted. Strain them through a sieve, and to every $\frac{1}{2}$ lb. of fruit put half a pound of loaf sugar, broken small; boil all together till quite stiff, pour it into 4 common-sized dinner plates, rubbed with a little sweet oil; put it into a warm place to dry, and when quite firm take it from the plate, and cut it into any shape you please.

GATEAU DE POMME.

$4\frac{1}{2}$ lb. of apples, 2 lb. of loaf sugar, 1 lemon, the peel put in with the apples, $\frac{1}{4}$ of a pint of water. To be simmered and well stirred till stiff. For the last $\frac{1}{4}$ of the hour to be continually stirred; then put into a shape, pressed, and when cold turned into a glass dish with custard.

ORANGE PASTE.

Take the pulp and juice of Seville oranges, only taking out the pips; wash the rind in water 3 days; boil them till they are quite tender. When done beat them in a mortar, and add them to the pulps, with $1\frac{1}{2}$ lb. of powdered sugar to 1 lb. of fruit. Then put it into jars for use,

ORANGE CHIPS.

Cut Seville oranges in halves, squeeze them through a sieve, soak the peel in water for a fortnight, changing it every day, boil the rinds until tender. Drain and slice them, then put them to the juice or orange wine. Add the same weight of sugar as peel, and put it all together in a broad earthen dish, at a moderate distance from the fire, often stirring it till the chips candy. They must be placed in a cool room to dry, and they will not be thoroughly so till three weeks.

CAKES.

SODA CAKE.—No. 1.

1lb. of flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. moist sugar, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ a teaspoonful of soda, $\frac{1}{2}$ pint of milk, 3 eggs; mix well together, and bake immediately.

SODA CAKE.—No. 2.

Mix well in 2 lbs. of flour two drachms of soda, (carbonate,) two ditto of common salt, 90 grains of tartaric acid, 6 oz. of butter, 6 ditto of moist sugar, and $\frac{1}{2}$ lb. of currants; a few caraway seeds, spice to taste, mix all well together with a pint of skimmed milk, in which the butter has been melted into a thick batter; put it into the oven immediately.

A GOOD SPONGE CAKE.

Break 7 eggs upon 1lb. of sifted sugar, rubbed on lemon peel, whisk it well together for $\frac{1}{2}$ an hour, without stopping, then stir in lightly $\frac{3}{4}$ lb. of flour, and place it in the oven instantly. It must not be beaten up after the flour is added. The flavor must be given by either essence of almonds, or a lemon juice.

RICE CAKES.

$\frac{1}{2}$ lb. of ground rice, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. moist sugar, 4 eggs, grated nutmeg, $\frac{1}{2}$ lb. butter melted, and when cool, poured

into the above ingredients, 1 oz. of candied peel, cut small ;
bake in small tins.

ROCK CAKES.

1 lb. of butter, beaten to a cream, 2 lb. of flour, 8 eggs,
1 lb. loaf sugar, powdered, and rubbed previously on a
lemon.

COCOA-NUT CAKES.

Grate the inside of a cocoa-nut, add to it the yolk of an
egg, $\frac{1}{2}$ lb. of loaf sugar pounded, and a teaspoonful of rose
water. Mix the above well, divide it into pieces like rock
cakes, and bake them in rather a slow oven.

FANCY CAKES.

$\frac{1}{2}$ lb. of pounded sugar, $\frac{1}{2}$ lb. of butter, beaten to a cream ;
1 lb. of flour, moisten with 1 egg or milk so as to cut it
into shapes.

LEMON CAKES.

Flour 1 lb., dried ; $\frac{1}{2}$ lb. butter, 3 eggs beaten, and 1 lb. of
loaf sugar, dissolved in the eggs. Lemon drops to taste.

QUEEN'S CAKES.

Beat 6 oz. of butter to a cream, 6 oz. of powdered sugar,
6 oz. of flour, 4 eggs, 2 whites, and a little rose or orange
flower water. Beat all well together for an hour. Butter
small tins and half fill them.

DOCTOR'S BISCUITS.

1 lb. of flour, 1 lb. of loaf sugar pounded, 3 eggs, and
carraway seeds.

MEDICATED GINGERBREAD.

1½ lb. of flour, 1 lb. of treacle, ¼ lb. of butter, ½ lb. of sugar, ¼ oz. of pearlash dissolved in a little milk, ½ oz. of ginger, and 1 tablespoon of magnesia.

GINGERBREAD.

2 lb. of flour, 2 teaspoonfuls of pearlash, a small piece of alum the size of a nut, dissolved in a little water; a large spoonful of brown sugar, 1 oz. of coriander seeds, ½ oz. of carraway seeds, ½ oz. of allspice, and ½ oz. of ground ginger, candied peel; mix it all with 2 lbs. of good treacle, 1½ lb. of fresh butter melted, then made into 3 good cakes, and baked in a slow oven.

RUSKS—No. 1.

To 1 pint of milk put a teaspoonful of carbonate of soda, then make it warm, beat 4 eggs well, put to them 2 oz. of butter, a little sugar, and ginger; mix them well together with the warm milk, then add sufficient flour to make a soft paste, roll it out and cut it into round cakes, half bake them in a quick oven, then split them, and bake them till they are a light brown colour, and crisp.

RUSKS—No. 2.

Mix ¼ lb. butter in ½ pint of hot milk, (not boiling,) ¼ lb. of sugar, and a small teaspoonful of soda; when dissolved, mix gradually 2 lbs. of flour, roll it, and cut them out.

GINGER CAKES.

1 lb. flour, 1 lb. loaf sugar, 1 oz. ginger, 4 eggs, yolks and whites, well beaten together; to be baked in a quick oven $\frac{1}{4}$ of an hour.

HARD BISCUITS.

$\frac{1}{2}$ pint of milk, $\frac{1}{2}$ pint of cream, 2 eggs, with flour to stiffen it. Knead it the same as bread, then make it into little cakes, roll them out, and prick them; bake after the bread.

BATH CAKES.

2 lbs. 9 oz. flour, $2\frac{1}{2}$ oz. butter, 2 eggs, 2 spoonfuls of yeast, a little salt, 1 quart of milk; the milk and butter to be warmed. Beat the eggs, and pour them upon the yeast, with the milk and butter properly mixed with the eggs; let them rise 1 hour; this quantity will make 14 cakes, to be put into saucers and baked. Excellent, if *well* made.

BREAKFAST CAKES.

$\frac{1}{4}$ lb. flour, $\frac{1}{2}$ pint milk, 1 spoonful yeast, 2 oz. butter, 2 eggs, 1 white; bake them about 12 minutes. This quantity will make 13 cakes.

MARLBOROUGH CAKE.

Weigh 4 eggs in their shells, and add their weight in flour; the weight of 3 of them in sugar, ditto in butter; melt the butter in a basin before the fire; then put in the sugar, and the eggs well beaten, and gradually mix the flour; beat it all together for $\frac{1}{2}$ an hour, and put it into the oven.

GINGERBREAD NUTS.

1 lb. butter, 1 lb. sugar, 1 lb. treacle; boil all together, then add 2 lb. of flour and 4 oz. of grated ginger.

YORKSHIRE CAKES.

1 lb. flour, 2 oz. fresh butter, melted in $\frac{1}{2}$ pint of milk, 1 egg, 3 spoonfuls of yeast; let it rise, knead and send to bake.

DOUGH CAKE.

1 quartern of dough, 1 lb. of plums or currants, 2 oz. of candied peel, 3 eggs, $\frac{3}{4}$ lb. of butter, lard, or good dripping, $\frac{3}{4}$ lb. of moist sugar.

GOOD POUND CAKE.

1 $\frac{1}{2}$ lb. of flour warmed, 1 lb. of butter, 1 lb. of sugar, the yolks of 15 eggs, and the whites beaten to a froth.

RUSSETS.

1 lb. of flour, $\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ lb. of currants, 2 eggs, 3 spoonfuls of good cream; first rub the butter and flour well together, then add the rest; bake it in curled lumps in a quick oven.

THE YORKSHIRE CUP CAKE.

4 cups of flour, 1 cup of butter, 1 cup of cream, 1 cup of currants, 1 cup of raisins, chopped, 1 cup of treacle, 1 cup of moist sugar, 2 oz. of candied peel, 4 oz. of almonds cut, 1 teaspoonful of soda, 1 cup of eggs, and spice to taste. To be baked 3 hours in a slow oven.

A YORKSHIRE FAMILY CAKE.

1 cup of milk, 1 egg, $\frac{1}{4}$ lb. of butter, $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of raisins, $\frac{1}{2}$ lb. of currants, $\frac{1}{4}$ lb. of sugar, 1 lump of ammonia, $\frac{1}{2}$ teaspoonful of soda, spices to taste.

SCOTCH BREAD.

Rub 1 lb. of butter and $\frac{1}{2}$ lb. of sifted sugar into 2 lb. of flour, beat up 4 eggs, and make the above into a paste; roll it out about $\frac{1}{4}$ of an inch thick, and cut it into oblong squares; mark the edge round and place comfits on the top. Bake them on a tin.

FRENCH BREAD.

Mix about $1\frac{1}{2}$ pint of lukewarm milk and water, dissolve in it 2 oz. of butter, 2 oz. of lard, 3 oz. of loaf sugar, 2 eggs, (1 white) well beaten, and stir all together into $\frac{1}{2}$ peck of flour, in which first put a little salt. Add 4 tablespoons of yeast and thoroughly mix it, leaving plain flour outside; let it rise 1 hour, then knead and bake.

BREAKFASTS.

A GALATINE OF VEAL.

Take the bones and gristle out of a breast of veal, lay it flat, sprinkle it over with pepper, salt, and a teaspoonful of powdered mace, and 2 tablespoonfuls of chopped onion, parsley, and (if you like) mushrooms; boil 8 whites and 8 yolks of eggs, separate, *quite hard*, cut 8 slices of bacon or ham, and the different hard eggs, the length and breadth of a finger. Lay them the cross way of the veal, and fill up the vacancies with forcemeat, roll it up, beginning at the end, tie it *tight* in a cloth with tape, boil it 4 hours; when taken from the cloth, glaze it with brown glaze, and serve up with rich gravy if to be eaten hot, but it is better as a cold dish, served up with savory jelly, or only garnished with parsley.

Fowl, turkey, or beef, can be treated in the same way, and are all very good.

BRAWN.

Boil a pig's head, well salted, till quite tender, separate the meat from the bones, cut it into moderate sized pieces, season well with pepper and cayenne, mix well, and put into the tin, press it well down with weights before it is turned out; skin the tongue, and add sage, if liked, as a flavouring. The water makes a capital jelly foundation.

BROILED KIDNEYS

Must be cooked over a clear and brisk fire, scored and sprinkled with a little pepper and salt, and a wire skewer

run through them to keep from burning, so that they may be evenly broiled; they will take 10 or 12 minutes.

FRIED KIDNEYS.

Make gravy in a pan for them, consisting of a teaspoonful of flour and a little water, and after frying the kidneys 15 minutes, add their gravy with the other, and mixing a few chopped parsley leaves with a little butter and pepper, put them over the kidneys.

DRIED SALMON.

This is purchased at the fishmongers, prepared for use, and requires soaking in lukewarm water a short time before broiling. It should be floured and laid on the grid-iron, and when a little hardened, brushed lightly over by a feather, with sweet oil; when thus basted on both sides, and quite warm through, it will be ready for table. All dried fish may be thus cooked; pepper can be added if preferred.

POTTED SHRIMPS.

Powder the prepared shrimps with a little nutmeg, pepper, and salt, if requisite; add a little cold butter, and pound them up; lobster, crab, or salmon, left from table, may all be potted in the same way, varying the flavour, if desired, with allspice, mace, or cayenne pepper.

POTTED HAM OR TONGUE.

Cut some of the lean ham or tongue, free from gristle or dried particles, add either fat or butter, a little mace, and pound it into a very fine paste.

POTTED BEEF.

Bake a slice of slightly salted beef, in a jar with a little water, which must be well drained from it when done, and

the skinny pieces taken away. Pound the meat thoroughly with a little butter, pepper, and allspice.

Meat that has had but a small portion of the gravy drawn from it, answers for potting ; cold game, poultry, or meat, can be used in this way also, by mixing with butter and spice, and well pounding.

All potted articles require pressing into the potting pans, and being well covered with clarified butter to exclude the air.

TO CLARIFY BUTTER.

Put the butter into a clean stew pan, and skim it as it melts. Let it stand a few minutes, then pour the butter off from the sediment through a sieve into a basin.

CLARIFIED DRIPPING.

Boil dripping and water together, stirring it well ; then pour it together into a basin ; when cold, the dripping will be purified, separated from the water, and fit for any use.

BROILED HAM.

Soak a slice in hot water, dry it in a cloth, and broil it on a gridiron over a clear fire.

BOILED BACON

May be cut into slices with crust of bread, and nutmeg grated over, and browned in a cheese toaster ; rashers of fresh bacon may be fried or toasted.

SPICED BEEF.

Lay a piece of beef for a week or 10 days in salt and salt-petre ; when wishing to cook it, pound nutmegs, mace, cloves, and ginger, rub them over the beef, and put it into a pan of cold water, cover it close, and bake it in a slow oven, about the same time as for boiling.

SUPPER DISHES.

A TRIFLE.

Prick small sponge cakes and place them and some rati-fias at the bottom of the trifle dish; on them pour a mixture, one part brandy and 2 wine, let them soak all night. In the morning add a few brandy cherries, and pour over just sufficient thick custard to cover the cakes. On this grate blanched almond, nutmeg, chopped candied peel, and jam, either raspberry, strawberry, or apricot. Cover all over with custard till the dish is nearly full, when place on the whip. The first whip should be flavored with wine and lemon. The last should be quite pure and white cream and powdered sugar only.

SWISS CREAM.

Add the peel of a lemon to 1 pint of cream sweetened, set it over a slow fire till it boils; braid a teaspoonful of flour with a little of the cream; add this and the juice of the lemon to the cream, and boil it 10 minutes. Cut slices of sponge or almond cake into a dish, and pour the hot cream upon them. When cold, ornament with citron and orange peel.

TIPSY CAKE.

Make a sponge cake in a high shape, oil the inside of the tin, and sprinkle powdered sugar on it, or line it with paper

so prepared. When cold run a skewer into it in several places at the bottom, not penetrating through, and stand it in the dish in which it is to be served, filled with wine and brandy, mixed, pouring some occasionally over the top and sides. Prepare almonds by blanching in cold water, which preserves the flavor, and cut into thin strips with a sharp penknife; stick the cake full, but in order, and when thoroughly soaked, fill up the dish with thick custard.

A pretty dish is made with cake cut up and preserve placed in layers between each slice. The whole cake to be placed in a dish with custard, and whip over the top.

CHARLOTTE RUSSE.

Take a plain mould, line the sides and bottom with ginger biscuits, then fill up with the following :— $\frac{1}{2}$ a pint of cream whisked till quite thick, loaf sugar, and a little brandy, preserved apricots, chopped fine, with some of the syrup; mix all well together, with 1 oz. of dissolved isinglass, pour it into the mould, and when well set turn it out and garnish with dried fruits.

SCOTCH CREAM.

Put jam over the bottom of a glass dish, grate the rind and squeeze the juice of a lemon upon it; dissolve $\frac{1}{2}$ oz. of patent isinglass in a small quantity of milk, add to it 1 quart of cream, sweeten it and flavor with bay leaves or almond essence; make it scalding hot, and let it stand till luke warm, put it into a jug with a spout, and pour it from a height over the jam; let it stand a night.

BUILT PASTRY.

Small plates of tarts cut in various devices and placed in divers patterns upon d'oileys fill up the odd corners of a

supper table; the color of the preserves should differ also. Crust used for small tarts should have white of egg brushed over the top, sugar strewed upon it, and baked a few minutes to set. Jam placed between crust and cut into finger lengths are convenient and pretty.

SAUSAGE ROLLS.

Sausage meat rolled in crust and cut in lengths about 2 inches, the outside brushed with yolk of egg.

OYSTER PATTIES.

Crust with buttered bread baked in, and when removed the oysters put in first prepared with cream, lemon peel, mace, and cayenne. The outside cut in graduated sizes.

JELLY (LOBSTER, ETC.)

Boil part of a shin of beef to a strong gravy, flavor it with Chili vinegar, and clear it with whites of eggs through a flannel bag.

When a clear stiff jelly, it is fit for use.

Place hard boiled eggs cut in various devices—lobster, oysters, eels, or anything that will eat well and look pretty in small shapes, and fill with the above; when cold it will turn out. The same jelly is used for cold meat or game pies, raised or plain.

SANDWICHES

Are made of ham, tongue, anchovy paste, or anchovy sauce on the bread, and slices of hard boiled egg between, potted meats, sausage meat, &c.; they should be cut from new French bread, lightly buttered, and mustard or pepper when required.

TO MAKE MUSTARD.

Mix the best Durham mustard gradually with boiling water till quite smooth, then add a little salt.

PRESERVES.

JAM.

$\frac{3}{4}$ lb. of loaf sugar to 1 lb. of fruit. Boil the fruit $\frac{1}{2}$ an hour, without sugar, and 1 hour with it.

JELLY.

Scald the fruit in a jar, then squeeze it through a cheese cloth, but not close to the fruit, and to every pint of juice add $\frac{3}{4}$ lb. of loaf sugar; boil it for some time and skim it well. Many people make the fruit into a common jam, after extracting some of the juice.

TO BOTTLE FRUITS.

Burn a match in a bottle to exhaust all air, then place in the fruit to be preserved, quite dry, and without blemish; sprinkle sugar between each layer; put in the bung, and tie bladder over, setting the bottles bungs downwards, in a large stew pan of cold water, with hay between to prevent breaking. When the skin is just cracking, take them out. All preserves require exclusion from the air; over the top of the fruit, place a piece of paper dipped in sweet oil; prepare thin paper, saturated in gum water, and, while wet, press it over and round the top of the jar; as it dries, it will become quite firm and tight.

FOR INVALIDS.

WINE JELLY.

1 oz. isinglass, 1 pint wine, $\frac{1}{2}$ grated nutmeg, sweetened with sugar candy, size of walnut to be taken occasionally.

GLOUCESTER JELLY.

Sago, pearl barley, whole rice, candied eringo root, harts-horn shavings, and isinglass of each 1 oz., simmered in three pints of water till reduced to $1\frac{1}{2}$ pint; then carefully strained, warm half a tumbler full, sweetened with sugar, adding a glass of port wine.

RICE JELLY.

1 pint milk, a small piece of cinnamon, 4 oz. loaf sugar, boiled well together, mix 4 oz. ground rice and 3 oz. butter, with cold milk, boil the whole together till quite thick, then put it into a mould.

Sago and tapioca require less boiling, on being soaked in milk previously.

ARROWROOT.

If the arrowroot is genuine, it will not require boiling, but should be made by braiding a little of the powder smooth with cold milk, and then stirring upon it milk sweetened, while *boiling* hot.

BEEF TEA.

Cut 1lb. of lean gravy beef into small dice, put it into $2\frac{1}{2}$ pints of cold water, set it over a very gentle fire, simmer it an hour, and strain it. Onion, salt, pepper, or cloves, can be added as agreeable. This meat pots well.

A broth made of half mutton and half veal is excellent, and very palatable, with the addition of a few sweet herbs.

BARLEY WATER.

2 oz. pearl barley, washed well in cold water, put it into $\frac{1}{2}$ pint of boiling water, and let it boil for 5 minutes; pour this off, and add 2 quarts of boiling water to the barley; boil it till reduced to 1 quart, and strain it.

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3	0 5 0	0 1 1½	0 0 1½
4	0 6 8	0 1 6½	0 0 2½
5	0 8 4	0 1 11	0 0 3½
6	0 10 0	0 2 3½	0 0 4½
7	0 11 8	0 2 8½	0 0 4½
8	0 13 4	0 3 1½	0 0 5½
9	0 15 0	0 3 5½	0 0 5½
10	0 16 8	0 3 10	0 0 6½
20	1 13 4	0 7 8	0 1 1 7½
30	2 10 0	0 11 6	0 1 7½
40	3 6 8	0 15 4½	0 2 2½
50	4 3 4	0 19 2½	0 2 8½
60	5 0 0	1 3 0	0 3 3½
70	5 16 8	1 6 10	0 3 10
80	6 13 4	1 10 9½	0 4 2½
90	7 10 0	1 14 7½	0 4 11
100	8 6 8	1 18 5½	0 5 3½
200	16 13 4	3 16 11	0 10 11½
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5	2 6½	3 1½	3 6½	3 11½
6	3 3	3 9	4 3	4 9
7	3 9½	4 4½	4 11½	5 6½
8	4 4	5 0	5 8	6 4
9	4 10½	5 7½	6 4½	7 1½
10	5 5	6 3	7 1	7 11
11	5 11½	6 10½	7 9½	8 8½
12	6 6	7 6	8 6	9 6
13	7 0½	8 1½	9 2½	10 3½
14	7 7	8 9	9 11	11 1
15	8 1½	9 4½	10 7½	11 10½
16	8 8	10 0	11 4	12 8
17	9 2½	10 7½	12 9	13 5½
18	9 9	11 3	12 9	14 3
19	10 3½	11 10½	13 5½	15 0½
20	10 10	12 6	14 2	15 10
21	11 4½	13 1½	14 10½	16 7½
22	11 11	13 9	15 7	17 5
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